What To Do After Being Tested for COVID-19

Self-isolation is recommended for individuals who think they may have been exposed to COVID-19, or have any symptoms of COVID-19.

Self Isolate While Awaiting Test Results

Protect Yourself and others:
- Wash your hands often.
- Do not spend time with other people, especially those outside your household.
- Stay at least 6 feet apart from others if you must be out in public.
- Do not touch your eyes, nose and mouth if you haven't washed your hands.
- Clean all "high-touch" surfaces every day. These surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Wear a cloth face covering when you are around others.

If you are sick:
- Isolate yourself at home away from other household members.
- Stay home and do not leave your house. Have a friend or family member run any essential errands.
- If you are a health care facility worker or first responder, let your supervisor know you are being tested. Ask about any work and patient care restrictions until you know your test results. Do not go to work.

If you are not sick:
- Follow best practices listed above to protect yourself and others.
- If you are a health care facility worker or first responder, let your supervisor know you are being tested. Ask about any work and patient care restrictions until you know your test results.

Watch For Symptoms

- Keep track of when you have any new symptoms.
- Check your temperature two times a day.
- Keep a daily record of fever, cough, and any other respiratory symptoms.
- If your symptoms get worse, see a doctor via telemedicine or in person.
  - Call your doctor before going in to see them.
  - Tell them you have been tested for COVID-19.
- Even if you don't have symptoms, you could make others sick.

Call 9-1-1 if You Have Emergency Symptoms

- Trouble breathing
- Bluish lips or face
- Constant chest pain or pressure
- Feeling dizzy or lightheaded all the time
- Acting confused
- Difficult to wake up
- Slurred speech (new or getting worse)
- New seizures or seizures that won't stop

*This list does not include all emergency warning signs. Call a doctor if you have other severe symptoms. Call 911 for any medical emergencies.

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If Your Test Comes Back Positive

- **You will be contacted by your local Public Health Department for further information and instructions.**
- **Do not have contact with others.**
  - Everyone who lives in your household should stay home.
- **Do not go to work.**
  - Let your employer know you tested positive for COVID-19.
- **Do not go to a hospital unless you have a medical emergency.**
  - Most people who have COVID-19 have minor sypmtoms like fever and cough, are able to get better on their own at home.
- **Watch for symptoms.**
- **Get rest and drink plenty of fluids.**
- **Over-the-counter medications that lessen symptoms of fever and cough may help.**
- **Even if you don't have symptoms, you might make other sick.**

If Your Test Comes Back Negative

- **If you were asked to quarantine due to an exposure or travel history, you must continue to self isolate at home until:**
  - **The 14 day quarantine is over AND**
  - **You have had no symptoms for 24 hours without using medication.**
- If you have <u>not</u> been exposed to a person with COVID-19 and have <u>not</u> recently traveled, continue to self isolate at home until:
  - You have had no symptoms without medication for 24 hours.
- It's possible that you have been exposed to COVID-19, but not enough time has passed for the test to pick it up. **You may test positive at a later date.**
- Continue taking action to protect yourself and others such as:
  - Washing your hands often.
  - Not touching your face.
- If you did not have symptoms when tested:
  - Continue social distancing
  - If symptoms develop contact your healthcare provider
- If you think you have been exposed to a person with COVID-19:
  - Contact your local public health department for more information.
- If you are a healthcare worker or first responder:
  - Contact employee health at your workplace.

If You Have Questions

- Contact the La Crosse County Health Department at:
  - covid19@lacrossecounty.org
  - 608-785-6240
  - facebook.com/lacrossecounty healthdepartment

LC 1851

LA CROSSE COUNTY
Health Department
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