

# WHAT TO DO AFTER YOUR COVID-19 TEST

**Thank you for getting tested!** Testing allows early detection to prevent the spread of COVID-19. Test results are available in approximately 2 to 3 days.

- If your test result is **negative**, you will be notified by e-mail.
- If your test result is **positive**, you will be notified by phone and e-mail.

**When checking e-mail, be sure to also check your junk mail folder. If you do not get an e-mail or call after four days, call 2-1-1 to speak to the COVID-19 Isolation Support Nurse Help Line.**

While waiting for your test results, continue to monitor your health and take steps to protect yourself and others. Next steps will depend on your situation.

**If you are experiencing symptoms, stay home and keep your distance from others.**

Follow **HOME ISOLATION** instructions and practice physical distancing as you recover, including distancing from other people in your home.

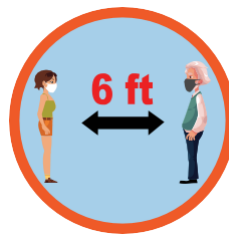


**If you do NOT have symptoms, but were identified by a medical professional as a close contact of someone who has tested positive, you should quarantine at home.**

Follow **HOME QUARANTINE** guidance in case you have been infected. If you are an essential worker, talk to your employer to see if you may continue working with extra precautions.

**If you do NOT have symptoms and have NOT been advised by a medical professional to quarantine at home, you may resume your normal activities. Minimize your interactions with others until you get your results.**

Continue to practice physical distancing, wear a face covering outside the house, and practice proper hygiene, including washing your hands.



**Have no place to isolate or quarantine?** Residents of San Diego County may be eligible for temporary lodging at a local hotel. Ask your healthcare provider to contact the **Temporary Lodging Line** at **858-715-2350**. If you do not have a healthcare provider, call 2-1-1 to get connected to a healthcare provider near you.

For Isolation Instructions, Quarantine Guidance, and other information, visit:

**[www.coronavirus-sd.com](http://www.coronavirus-sd.com)**

