

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 3 to 5 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 five days, call 2-1-1 to speak to the COVID-19 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.



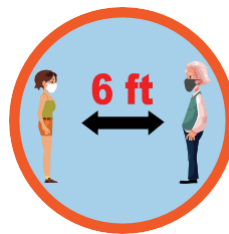
Follow **HOME ISOLATION** instructions and practice physical distancing as you recover, including distancing from other people in your home.

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

