

If you were just tested for the 2019 novel coronavirus (COVID-19), it may take a few days for the results to come back. Your medical provider will notify you of your test result.

### Things to do while you wait:

- Stay at home. Do not go to school, work or any other public place.
- If you need to see a health care provider, call them first and tell them that you were tested for COVID-19 and are waiting for results.
- Separate yourself from people and pets in your home, as much as possible.
- Wear a mask if you cannot avoid close contact with other people and pets.
- Wash your hands often for at least 20 seconds, especially after coughing or sneezing. Use an alcohol-based hand sanitizer, if soap and water aren't available.
- Cover your coughs and sneezes with your sleeve or a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose and mouth.
- Routinely clean and disinfect frequently touched surfaces and objects.

### If test results are negative, and

- **you were being monitored\***, due to travel or contact with a person with COVID-19, then continue your monitoring and any movement restrictions for the rest of the 14-day period.
- OR**
- **you were not being monitored\*** due to travel or being identified as a contact to a COVID-19 case:
    - you should continue taking preventive actions like hand washing and social distancing.
    - if you are sick with an illness other than COVID-19, you should stay home until your fever and other symptoms end.

### If test results are positive,

- your health care provider will talk with you about your care and treatment of any symptoms.
- the Health Department will follow up with you and let you know when you can resume regular activities. They will also talk to you about your close contacts.

\* Monitoring is for people who do not have symptoms and who have traveled to affected areas. It means checking your temperature daily, watching for symptoms, and for some people, staying home.

For up to date information and resources, visit our website at [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19) or call 2-1-1.