Today you were tested for COVID-19. It may take a few days to get your results. Results from today's test will tell you if you are infected or sick today. It is possible you could test positive in the future.

While you wait for results:

- If you are being tested because you have symptoms of COVID-19, are a close contact to someone who has COVID-19, or were recommended for testing, **stay home and do not go out in public, even if you don't feel sick.** Staying home will stop COVID-19 from spreading.
- 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.

If your test results are positive, do these things right away:

- **Stay at home** and away from other people, including the people you live with.
- **Make a list of the names and phone numbers of your close contacts.** A close contact is a person who you were within 6 feet of for a total of 15 minutes or more over a 24-hour period during your infectious period. Your infectious period starts two days before symptoms began – or two days before the date you were tested if you do not have symptoms.

  The Health Department will ask for this information when they call you, and will share important information with your close contacts about how to prevent further spread. You might not hear from the Health Department right away, so go ahead and reach out to your close contacts if you'd like. Your close contacts should quarantine (stay home and away from other people for 14 days), and consider getting tested.
- **Contact your health care provider if needed** to talk about your care and treatment of any symptoms.
- **Answer the phone if you get a call from the Health Department.** The person calling will give you important information. If you miss the call, you may call us back at 802-863-7240.

If your test results are negative and you are in quarantine due to travel or close contact with a person who has COVID-19 and:

- you were tested **on day 7** of quarantine or after, and you don't have any symptoms, **you may end quarantine.**

  OR
- you were tested **before day 7** of quarantine, **stay in quarantine** until you have a negative test on or after day 7, or for the rest of the 14-day quarantine.

Or, if your test results are negative and you are not in quarantine due to travel or close contact with a person who has COVID-19:

- continue taking preventive actions like wearing a mask, hand washing and social distancing.
- if you are sick with an illness other than COVID-19, stay home until symptoms improve.

For more information about COVID-19: www.healthvermont.gov/COVID-19