



SOUTHWEST
DISTRICT HEALTH

2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/coronavirus

You've Just Been Tested for COVID-19, Now What?

While you are waiting for your results to come in, here are some practical measures you can take. **When in doubt, assume you will test positive and stay home, even if you do not have symptoms.**

Routine Hygiene: Handwashing with soap and water for 20 seconds, using hand sanitizer when handwashing not available, wearing masks, and disinfecting frequently touched surfaces.

Physical Distancing: Staying 6 feet apart from others.

Avoid public places: These include places where it is challenging to physically distance and/or many people congregate, such as grocery stores or work places.

So you tested positive:

Use the 10 & 1-day guideline: This means quarantining for a minimum of 10 days from when you started feeling sick. You can end isolation after you have not had a fever, taken any fever reducing medicine (acetaminophen or NSAID), AND have generally been feeling better for 1 day (24 hours) straight.

Who are close contacts? Close contacts are any people with whom you have been closer than 6 feet, for longer than 15 minutes, and without any masks on. This includes family members, coworkers, and friends.

What should I tell close contacts? We have found that the virus can begin to spread 2 days (48 hours) before you start feeling sick. Anyone you have been in close contact with from 2 days (48 hours) before you began to feel sick and all the way up until you start feeling better may have been exposed to the virus. Anyone who is exposed to the virus can take up to 2 weeks to show symptoms. Because of this, we recommend all

close contacts isolate themselves for 2 weeks from when they last saw you. Testing is recommended for all close contacts showing symptoms related to COVID-19.

Should I isolate from members of my household?

If possible, yes! We recommend anyone with symptoms to stay in a different room and to use a different bathroom. If this is not possible, then make sure the bathroom is disinfected after use. Wear a face covering and stay at least 6 feet from other members of the household when isolating is not possible.

If you test positive, expect a call from a COVID-19 Investigator from Southwest District Health to ask about symptoms and close contacts.

What if I don't have any symptoms, and I am waiting results?

We recommend that you stay home until you receive results.

This document was updated 07/16/2020 using information and guidance available to-date and is subject to change per emerging guidance.



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/coronavirus

What if I don't have any symptoms and I test positive?

We recommend you quarantine for 10 days from when you got tested.

So you tested negative:

If you still have symptoms, continue to take precautions, such as wearing a mask and avoiding public places, until your symptoms improve. If your symptoms worsen, contact your healthcare provider to see if further testing is recommended.

If you do not have any symptoms, you may end your quarantine.

Stay safe out there!



SERVING ADAMS - CANYON - GEM - OWYHEE - PAYETTE - WASHINGTON COUNTIES

For current COVID-19 information visit <https://phd3.idaho.gov/coronavirus/> The COVID-19 Hotline is available Monday-Friday 8:00 AM-5:00 PM (208) 455-5411

This document was updated 07/16/2020 using information and guidance available to-date and is subject to change per emerging guidance.

Page 2 of 2