

COVID-19 Testing Information Sheet

Know the Symptoms

COVID-19 is a respiratory illness with [symptoms](#) similar to the flu. Symptoms are typically mild to moderate, but there have been cases of severe illness and death due to the virus. The following symptoms may appear 2-14 days after exposure:

Congestion or runny nose	Muscle pain
Cough	Sore Throat
Fever or chills	New loss of taste or smell
Headache	Fatigue
Shortness of breath or difficulty breathing	Nausea, vomiting, or diarrhea

This list does not include all possible symptoms. The CDC will continue to update information about symptoms as more is learned about COVID-19.

How does testing work?

COVID-19 is diagnosed through a laboratory test. Once a sample is collected, the sample is sent to a lab for testing. This process may take a few days once the swab is received by the lab. We will contact you once your results have been received.

What do I do while I'm waiting for my test results?

It depends. If you have symptoms or were tested because you were exposed to someone with COVID-19, you should stay home and avoid anyone in your household.

If you were tested but have no symptoms and no known exposure to someone with COVID-19 (for example, as part of a workplace screening program), you do not need to stay home while waiting for your results unless told to do so by your employer or by public health.

What do I do if my test is negative?

If you were tested because you have [symptoms](#), you should stay home until you have no fever without the use of fever-reducing medicines, and you have felt well for at least 24 hours.

If you were tested because of a known contact to someone with COVID-19, you should follow the quarantine guidance (stay home and avoid contact with other members of your household) until 14 days after your last exposure.

If you were tested for another reason and have no symptoms, you can resume your regular activities.

People should continue to [practice the 3 Ws](#) (wear, wait, and wash) whenever they leave home. Wearing a cloth face covering if someone will be with other people, wait 6 feet apart, and wash their hands often, can help protect themselves and their loved ones.

What do I do if my test is positive?

[Per CDC guidelines](#), if your test comes back positive and you had symptoms, you should stay home and isolate (in your household) until:

- At least 10 days have passed *since symptoms first appeared* **and**
- At least 24 hours have passed *since last* fever without the use of fever-reducing medications **and**
- Symptoms (e.g., cough, shortness of breath) have improved

[Per CDC guidelines](#), if your test comes back positive and you did not have symptoms, you should stay home and isolate (avoid anyone in your household) until 10 days have passed since the date of your first positive COVID-19 diagnostic test, assuming you did not develop symptoms since your positive test.

If you have tested positive for COVID-19, the local health department or another member of the COVID-19 Community Team will call to ensure you have the information and support you need, such as tips for staying at home and monitoring symptoms.

To protect your family and friends and slow the spread of the virus, the COVID-19 Community Team member will also ask you who you have recently been near. The COVID-19 Community Team will reach out to anyone who has been near the person who has tested positive to share information and support, as well as help them get tested. The team will not share your name or personal information. This information is confidential and will remain private.

Will I need to get tested again if I test negative for COVID-19?

If someone gets tested and the results show that they do not have COVID-19, they may need to get tested again if they start experiencing COVID-19 [symptoms](#) or come into contact with someone who has tested positive.