

# What to Do While You Wait for a COVID-19 Test Result



## After you get tested



- Stay home and away from others if:
  - You have symptoms.
  - Someone in your home has COVID-19
  - You've been close to someone with COVID-19.
- If you don't have symptoms and have not been close to someone with COVID-19, you don't need to stay home while you wait for your test results. Wear a mask and stay 6 feet from people who don't live with you. If you start to feel any symptoms, stay home and away from others.
- Start making a plan for what you will do if you have a positive test because you will need to stay home for at least 10 days.
- Make a list of people you have been in close contact with recently. Tell them you may have COVID-19 and they should stay away from others until they hear from you.
- If you were tested because you were in contact with someone who has COVID-19 and you do not have symptoms, you will need to stay home for 7-14 days even if your test is negative because you could still become sick.
- If you were tested for an upcoming medical procedure and you do not have symptoms, you should stay home until your procedure.



- **It may take 3-7 days to get your test results back. You will receive test results by a telephone call. Test results will also be available on your patient portal. You may set up a patient portal at [glacialridge.org](https://glacialridge.org).**



- Monitor your symptoms. If they get worse, contact your health care provider. Tell them you were tested for COVID-19.



## If your test is positive



- This means you currently have COVID-19.
- **Stay home.** A public health worker will call you. It is important that you answer their phone call. They will ask you questions about possible exposures to COVID-19, such as people you have been in direct contact with and places you have visited.
- They will also give you more information about what you should do and how long you should stay home.



## If your test is negative



- This means you **do not** currently have COVID-19. However, you could still be exposed or become sick at any time. You should continue to take steps to protect yourself and others from COVID-19.
- If you develop symptoms of COVID-19, talk to your doctor or other health care provider about getting tested again.

## More information

**[Minnesota Department of Health's COVID-19 website](https://www.health.state.mn.us/diseases/coronavirus/)**

<https://www.health.state.mn.us/diseases/coronavirus/>

**Minnesota Helpline 651-297-1304 or 1-800-657-3504**

(Monday through Friday: 9 a.m. to 4 p.m.).

**mn MINNESOTA**

Minnesota Department of Health | [health.mn.gov](https://health.mn.gov) | 651-201-5000

Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) to request an

alternate format.

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**GLACIAL RIDGE  
HEALTH SYSTEM**

# How to Isolate at Home with COVID-19 Symptoms

The Minnesota Department of Health (MDH), using U.S. Centers for Disease Control and Prevention (CDC) guidelines, has determined that you should practice self-isolation and self-monitoring in order to protect yourself and your community from coronavirus disease 2019 (COVID-19).

Please carefully review additional information provided to you by MDH and CDC including [Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html) ([www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)).

## Self-Isolation



**Stay home.** If you need medical care, it is important you follow the instructions below. Do not use public transportation, ride-sharing, or taxis.



**Separate yourself from other people and pets** in your home. As much as possible, you should stay in a specific room and away from other people in your home. Also, use a separate bathroom, if available. Avoid handling pets or other animals while sick.



**Wear a facemask** if you need to be around other people and cover your mouth and nose with a tissue when you cough or sneeze.



**Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water. **Clean all high-touch surfaces in your home daily.**



**Wash your hands** often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing 60% to 95% alcohol. Avoid touching your face with unwashed hands.

## Self-Monitoring



**Watch for worsening symptoms**, shortness of breath, or difficulty breathing.



**If you need medical care, contact your health care provider. If you need emergency medical attention during this time, call 911 and let them know you are being tested for COVID-19.**

If you have any questions please contact your health care provider or MDH at 651-201-5414.