

WAITING FOR COVID-19 RESULTS

If you have completed your COVID-19 test and are awaiting results, please follow the guidance below.

Until you know your results:

- If you are **feeling sick**, you need to stay home and isolate yourself from other household members.
- If you **had close contact** with a person with confirmed COVID-19 infection you need to stay home, even if you are feeling well. This is called quarantine. Please follow *Quarantine Instructions for Close Contacts*.
- If you are **feeling well** and **have not had close contact** with anyone with confirmed COVID-19 you may continue your regular activities within the current Health Officer's guidelines until you receive your results.

When your results come in, please follow the guidance below.

If your results are negative:

- If you are **feeling sick**, you need to remain home until you feel better.
- If you are **feeling well**, but you **have had close contact** with a person with confirmed COVID-19 infection, you need to stay at home on quarantine for 10 days from your last contact with that person and you must continue to monitor yourself for COVID-19 symptoms and continue to take preventive measures such as the use of a face covering/mask and social distancing from others for the full 14-day period after your last exposure.
 - If you work with a vulnerable population, you may be instructed to remain off of work for the full 14-day quarantine period.
- If you develop symptoms during this time, follow up with your provider for possible re-testing. You will also need to remain isolated in your home until you get your results or until you are well as noted below. Please refer to the *Quarantine Instructions for Close Contacts*.

If your results are positive:

Please refer to the *Instructions for Self-Isolation & Health Monitoring*, where you will find guidance on how to protect yourself, your family, and your community.

For more information on how to get testing, home quarantine and isolation please visit:

<https://www.coronavirus.cchealth.org/> and click tabs Get Tested or About COVID-19.

For questions or concerns you can contact Contra Costa Public Health during normal business hours Monday-Friday 8:00AM-5:00PM at **925-313-6740** or email us at

CoCohelp@cchealth.org. You can also find more information online at cchealth.org/coronavirus.

