Understanding Your COVID-19 Test Results

Oregon Health Authority
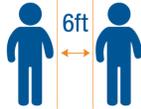**PUBLIC HEALTH DIVISION**

Today you received a test for SARS-CoV-2, the virus that causes COVID-19. This viral test, called a PCR test, uses a sample from your nose to see if there is virus in your body.

Within roughly a week, someone from public health will call you with your test results. Please do not call local or state public health for your test results as it may slow the notification process.

If you have symptoms of COVID-19

Test Result	What does it mean?	How to protect your community		
+ Positive	You have COVID-19.	Stay home for at least 10 days since you felt ill and until 24 hours after you feel better and fever is gone.	Answer the phone when public health calls.	Call a health care provider if you feel ill.
- Negative	You might have COVID-19. The test does not always detect the virus that causes COVID-19. A negative test does not mean that you are protected from disease.	Stay home until 24 hours after you feel better.[1]	Answer the phone when public health calls.	Call a health care provider if you feel ill.

[1] If you have had a significant exposure to a case of COVID-19, you will be considered a close contact of a person with COVID-19 and asked by public health to stay at home for 14 days regardless of negative results.

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If you do not have symptoms of COVID-19

Test Result	What does it mean?	How to protect your community
+ **Positive**	You have COVID-19. You might develop symptoms.	Stay home for 10 days after your test. Answer the phone when public health calls. Call a health care provider if you feel ill.
− **Negative**	You might have COVID-19. The test does not always detect the virus that causes COVID-19. A negative test does not mean that you are protected from disease.	Stay at least six (6) feet away from people you do not live with.[2] Wear a face covering in public. Wash your hands often. Cover coughs and sneezes. Do not touch your face. Call a health care provider if you feel ill.

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsoha.state.or.us.

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