Oregon Health Authority

PUBLIC HEALTH DIVISION

Thanks For Getting Tested

You're being tested today for the coronavirus that causes COVID-19. Testing is the best way to both find and slow the spread of this virus.

There are so many new cases of COVID-19 that the public health team may not be able to call you if you test positive. The instructions below will help you to understand what steps you should take after getting tested today.

While you wait to get your test results

Stay home and away from other people — starting today.
- Assume you have the virus and can spread it to others.
- Make sure we have your correct phone number. We will call you or text you with your test results, but it might take up to a week.

Make a list of all the people that you have been in close contact with recently.
- **Close contact** means spending 15 minutes or more within 6 feet of someone over the course of a day, with or without masks on.
- **If you do not have any symptoms,** list all the people you were in close contact with starting two days before the day you were tested.
- **If you do have symptoms,** list all the people you were in close contact with starting two days before your symptoms began.

If your test result is positive

You have the virus in your body and can spread it to others. You should:

1. **Isolate at home.** Stay home and stay away from others, including the people in your own household.
   - If you're sick, isolate for 10 days from the time your symptoms started AND make sure your fever is gone for 24 hours, without the help of medicine, before being around others.
   - If you don't have symptoms, isolate for 10 days from today (the day you were tested).

2. **Call, text or email your close contacts right away.** Timing matters! Let each person on your list know you tested positive for COVID-19. People are most

contagious for the two days before they display symptoms and some people never show symptoms. If you can reach your friends and family within four days of their being around you, you can keep the next person from getting sick with COVID-19.

3. **Tell your contacts to stay home, to keep away from others and to get tested**. They can talk to their doctors about getting a test, call 2-1-1 if they don't have a doctor or get tested at a community test site. It's best if your contacts wait at least four days from the time they were last around you before taking a test. The test may not work if they get tested too soon. If they test positive, they should isolate and tell anyone they have been in close contact with.

4. **Your contacts should plan to quarantine at home** for the 14 days following your last interaction. It takes 2-14 days to show symptoms of COVID-19. If your contacts have no symptoms and don't live in a long-term care facility, their quarantine can end after 10 days. Your contacts can also end their quarantine after seven days, if they test negative with an antigen or polymerase chain reaction test that was given less than 48 hours before ending quarantine. If they live with someone at risk for serious illness, they should quarantine for the full 14 days. There is a small but significant chance that they can pass on the virus if they end quarantine early. Therefore, your contacts should continue to monitor for symptoms daily during the entire 14 days of quarantine. If symptoms do develop, they should return to quarantine, notify their local public health authority and call their health care provider to discuss testing.

5. **Take the call if the public health team calls you.** Tell your close contacts to answer the public health call as well.

If your test result is negative

- If you have been in close contact with someone with COVID-19, you were exposed to the virus. **Even if your test is negative, you need to stay home and apart from other people (quarantine) for 14 days** from the last time you were around that person. If you have no symptoms and don't live in a long-term care facility, your quarantine can end after 10 days. You can also end quarantine after seven days, if you test negative with an antigen or polymerase chain reaction test that was given less than 48 hours before ending quarantine. If you live with someone at risk for serious illness, quarantine for the full 14 days. There is a small but significant chance that you can pass on the virus if you end quarantine early. Therefore, you should continue to monitor yourself for symptoms daily during the entire 14 days of quarantine. If symptoms do develop, you should return to quarantine, notify your local public health authority and call your health care provider to discuss testing.

- **Follow all instructions from your health care provider.**

- **Continue everyday measures to protect yourself and others.**

- **If you are sick and not getting better,** talk to your doctor or clinic. You might be sick with something other than COVID-19.

If you are sick now or become sick

- **Take care of yourself.** Get rest and drink lots of fluids. Call your doctor or clinic to see if you can take any medicines to help you feel better.

- **Stay in touch with your doctor.** Call before going into a clinic or doctor's office. If you don't have a doctor, call 211. They can help you find care even if you don't have health insurance. Interpreters are available.

- **You may get sicker. Call your clinic or doctor for medical advice.**

- **Call 911 or go to your local emergency room if you experience these severe symptoms:**

    - Difficulty breathing

    - Pain or pressure in the chest or belly

    - Unable to drink or keep liquids down

    - New confusion or inability to wake up

    - Bluish lips or face

Questions?

Visit OR-OHA-COVID-19 or your local health department's website for more information on what to do if you test positive for COVID-19, how to isolate or quarantine and how to get support to stay home.

The Oregon Health Authority would like to recognize and thank the Multnomah County Health Department for their work in producing this document and for sharing it with all Oregonians.

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.