

# I've been tested for COVID-19, now what?

## What do I do while I wait for my results?

- Anyone who has been tested and waiting for their results is considered a Person Under **Investigation**.
- You are encouraged to **STAY at HOME** until you are notified of your test results.
- If you have a previously scheduled medical appointment, you should call that office before you go to let them know that you have been tested and are still waiting for your results.
- If it is absolutely necessary for you to go out, you should wear a mask or face covering.

## When will I get my test results?

- Someone from the Cabarrus Health Alliance will contact you with your test results when they are received from the lab. Most results will be back within 72 hours.
- You do not need to call for your result but if you do not receive a call or email (if you have elected to have your results sent via email) in 5 days regarding your test results, please call 704-920-1213.

## When do I need to wear a face covering?

- The CDC recommends people older than 2 years old to wear cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations.
- Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.
- The face covering needs to cover your nose, mouth and extend below your chin.
- Cloth face coverings can be made from household items. See the link below for directions.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

## What if I test negative?

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### Will I get retested at a later date since I am negative?

- If you become symptomatic, contact your primary health care provider to report symptoms and to determine the need for retesting.

### I live in a home with a high risk individual and I work where others are positive, what should I do to protect my family?

- Determine your level of risk for exposure and protect yourself while providing patient care. Exposure risks are variable and risk increases with increased close contact care of a symptomatic patient. Also, providing procedures that are considered aerosolizing can increase risk. Nebulizer treatments, intubation, and nasal/pharyngeal/suctioning tests are considered aerosolizing treatments or procedures.
- Risk of exposure can be minimized by wearing agency recommended PPE, practicing good handwashing techniques, and avoid touching face, eyes, nose, or mouth while working. Changing and washing clothes and showering immediately upon arrival to home can help reduce exposure to the COVID 19 virus and other communicable diseases.
- Self-monitor for symptoms and minimize close contact with the high risk individual while at home. If close contact is unavoidable, then wearing a personal mask while providing care is suggested.

## What if I test positive?

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### I am currently having symptoms, now what?

- If you are a resident of Cabarrus County, you will receive a call from the Cabarrus Health Alliance giving you instructions to **STAY at HOME** and be in isolation for 10 days from the date that your symptoms began AND at least 3 days of no fever without medication and improvement of all COVID-19 related symptoms.
- Monitor your symptoms and contact your healthcare provider if symptoms worsen. If you do not have a primary care provider, please call Cabarrus Health Alliance at 704-920-1213. Call 911 for difficulty breathing, confusion, difficult to arouse, bluish tinted skin.

### No symptoms. What should I do?

- Some individuals test positive but never develop symptoms.
- You will receive a call from the Cabarrus Health Alliance giving you instructions to **STAY at HOME** and self-monitor for symptoms and to remain in isolation for 10 days from the date of your positive test.

### Contact Tracing

- Since you tested positive, Cabarrus Health Alliance will need to know who you have been around that could have been exposed to COVID-19. This includes family, friends, coworkers and others considered as close contacts.
- Contacts will be notified of having an exposure and will be instructed to quarantine and self-monitor for symptoms.
- CHA staff will not tell close contacts who they were exposed to and will not share any private information.

### What is considered a close contact?

- Any person that has spent more than 10 minutes within less than 6 feet away from you 48 hours prior to testing or becoming symptomatic.
- Close contact can occur while caring for, living with, working with, visiting, riding in a car with, sharing a healthcare waiting area or room with a COVID-19 positive individual.

### What should I do to protect my family?

- Family members living in the same home should self-quarantine. It may take up to 14 days for symptoms to develop after being infected with COVID-19, so close contacts need to **STAY at HOME** for 14 days and to monitor for symptoms.
- If possible, self-isolate in your home. Do not prepare food, share utensils, or occupy common spaces together. Clean and disinfect surfaces that you touch. If possible, use a separate bathroom and sleep in a separate area of the home.

### How can my family get tested?

- Family members of individuals who test positive for COVID-19 are encouraged to be tested.

### When can I return to work?

- You may return to work after resolution of symptoms as indicated above, unless otherwise instructed.
- Contact Cabarrus Health Alliance at 704-920-1213, if you are required to have a release to return to work.

For more information or questions related to COVID-19, contact the Cabarrus Health Alliance Health Information line at 704-920-1213.

## Definitions

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- **Isolation** – Isolation is used to **separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected**. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available)."
- **Person Under Investigation** – Is a person that is being tested with or without symptoms. Anyone who has been tested and waiting for their results is considered a Person Under Investigation.
- **Quarantine** – Quarantine is used to **keep someone who might have been exposed to COVID-19 away from others**. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, and monitor their health. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>