AFTER YOUR COVID-19 TEST

What Should I Do Now?

Wait for Results.
Please be patient. It may take up to 72 hours or longer to receive your test results. Test results will be reported to the patient in MyChart — Renown's online patient portal — and to the ordering provider or employer. If you do not have a MyChart account, you can sign up today online. Contact your provider or employer for your results if you do not have MyChart. Please do not call the laboratory or Contact Center for results — due to HIPAA requirements, we cannot provide your test results to you by phone, email or fax. Do not return to the test site for your results. After you receive your results, please review our Frequently Asked Questions (FAQs) about testing at **renown.org/COVID19**.

Stay Home.
If you have symptoms of COVID-19, please stay home until you receive your results. Isolate yourself from other household members, especially those with susceptible immune systems such as the elderly, pregnant women and children. If your test comes back negative, continue to stay at home until your symptoms improve.

Monitor Your Symptoms.
If your symptoms are generally mild, continue to isolate yourself and follow care instructions from your provider. Call your doctor or seek medical attention if your symptoms worsen. When possible, call ahead and tell them you are being evaluated for COVID-19 before arriving in person. The CDC recommends seeking immediate medical attention if you have the following warning signs*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider or seek care for any other symptoms that are severe or concerning to you.

Wash Your Hands.
Continue to wash hands often with soap and water for at least 20 seconds. If possible, use a separate bathroom from other members in your household.

Clean Surfaces.
Clean high-contact surfaces daily using an EPA-registered disinfectant.

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HEALTH

What if I Test Positive?

If your test result was positive, the novel coronavirus (SARS-CoV-2) that causes COVID-19 was present in your test sample. If your symptoms are generally mild and stable, please isolate yourself at home. If it becomes difficult to breathe, contact your primary care provider as soon as possible.

Follow Instructions.
If you are contacted by the Washoe County Health District because you received a positive test result for COVID-19, follow the verbal instructions provided to prevent spreading the illness.

Provide History.
You may be asked to participate in contact tracing to prevent spreading the illness. Your personal information will not be shared with anyone outside the Washoe County Health District.

Remain at Home.
Remaining at home, isolating yourself from others and following good hygienic practices are the best prevention against COVID-19. Please remain at home and in self-isolation for a minimum of 10 days, and at least 24 hours after your last fever without the use of fever-reducing medications, and until all other symptoms have improved. Do not go to work, school or other public areas. If you need to leave the house to seek medical care, avoid public transportation and wear a mask that covers the nose and mouth.

Isolate as Much as Possible.
Stay in a specific room and away from other people in your home as much as possible. Use a separate bathroom if possible, and avoid sharing household items such as dishes, bedding or towels. These types of items should be washed thoroughly with soap and water after use.

What if I Test Negative?

If you tested negative, the novel coronavirus (SARS-CoV-2) that causes COVID-19 was not present in your test sample. It is unlikely that you have COVID-19. There are several respiratory viruses that can cause similar symptoms, including the common cold or the flu.

Remain at Home.
Continue to stay at home while you are sick. If you were tested because you came into close contact with someone who tested positive for COVID-19, you should stay at home for 14 days after your contact with this person. If you were not exposed to a close contact with COVID-19 and your test was negative, you should not return to work or regular activities until 24 hours after symptoms fully improve.

Understand Close Contacts.
Close contact with another individual includes:

- You were within six feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period
- You provided care at home to someone who has COVID-19
- You had direct physical contact with someone who has COVID-19 (hugging, kissing, touching)
- You shared eating or drinking utensils with someone who has COVID-19
- Someone with COVID-19 sneezed, coughed or otherwise exposed you to respiratory droplets

For more FAQs and information on COVID-19, visit **renown.org/COVID19**.