WHAT DO I DO AFTER MY COVID-19 TEST?

If you were tested because you have symptoms:

1. GO HOME right away and isolate from everyone in your household. Sleep in a separate room and do not eat with others. If you come near someone in your household, make sure you are both wearing masks.

2. If your test result is positive, the Monroe County Department of Public Health will be notified and you will get a call from a contact tracer. This usually takes a day or two, so be patient and continue isolating.

3. Get ready. Think of everyone you have been in contact with, starting two days before your symptoms began up until you started isolating. List the places you visited, and try to make a list of names and phone numbers for everyone who:
   a. Was fewer than 6 feet away from you <u>AND</u>
   b. One or both of you was not wearing a mask <u>AND</u>
   c. You were together for 15 minutes or more.

4. You can help protect your family and friends while you're waiting for MCDPH to call. If you feel comfortable, reach out to the people on your list and let them know you have COVID-like symptoms. Encourage them to get tested, stay home as much as possible and wear a mask near other people, even those in their own household.

If you were tested because you have been exposed to someone infected with COVID-19:

1. If you <u>not fully vaccinated</u>, you need to remain in quarantine, even if you receive a negative test result. It can take days for someone who has been exposed to COVID-19 to get sick, so continue to stay away from others, wear a mask and watch for symptoms for at least 10 days after your last exposure to the infected individual.

2. If you are <u>fully vaccinated</u>, you do not need to remain in quarantine if the test result is negative and you have no symptoms. But please remain alert for symptoms, in case they develop over the next few days.

3. Regardless of your vaccination status, MCDPH will contact you if your test result is positive. Please see steps 2 through 4 above.