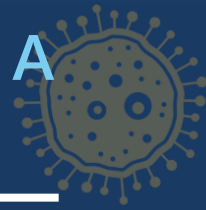


WHAT TO DO AFTER A COVID-19 TEST



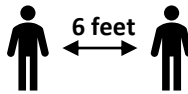
YOU JUST HAD A COVID-19 TEST. WHAT NOW?

BEFORE YOU KNOW THE RESULTS:

It can take several days to get your test results. The place that took your test will tell you your results.

While you wait for your results:

- Stay home and 6 feet (2 meters) away from other people, even within your household



- Wear a cloth face covering or mask around others



- Frequently clean surfaces



- If you live with someone who is at high risk for severe disease (who has other health conditions or is older than 60), be extra careful

- Wash your hands often



- Ask someone to do your shopping or have items delivered to your home



If you test positive, you will need to continue to do these things until you recover.

IF YOUR TEST IS NEGATIVE:

Continue to stay home and avoid others for 14 days because you still might get sick. This is the safest option.

If that is not possible, stay home for 10 days if you have no symptoms. Or, stay home for 7 days if you receive a negative test result that was collected on day 5.

If you cannot stay home, continue to check for symptoms, wear a cloth face covering, wash your hands often, and stay 6 feet away from other people.

If you live with someone who has COVID-19 but you tested negative, stay home as much as possible for 14 days from when that person recovers.

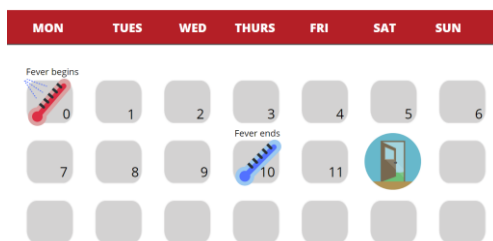
IF YOUR TEST IS POSITIVE:

Continue to stay away from other people until you are better. Use a separate bedroom and bathroom, if possible. If not, stay at least 6 feet apart from others while sleeping or talking. You do not need to stay away from other people in your house who also have COVID-19.

NEED HELP OR A PLACE TO STAY?

Contact the King County COVID-19 Call Center at 206-477-3977, 8 AM – 10 PM, if you have questions about staying home, need a safe place to stay apart from others, or need help with things like grocery shopping. Interpretation is available.

HOW LONG DO YOU NEED TO STAY HOME IF YOU HAVE SYMPTOMS?



Every person's situation is different. The length of time you must stay home depends on how long you have symptoms.

You can be around other people after:

- 24 hours with no fever AND
- 10 days since symptoms first appeared* AND
- Other symptoms have improved

*If you have severe illness, please follow your doctor's guidance