

# 3 Key Steps to Take While Waiting for Your COVID-19 Test Result

To protect yourself and others regardless of your vaccination status, take these **3 key steps NOW** while waiting for your test results:

## 1 Follow recommendations for quarantine and monitor your health.

### Stay away from others:

- If possible, stay away from others, especially people who are more likely to get sick from COVID-19.



### If you were exposed to COVID-19 and:

- **Are NOT up to date on COVID-19 vaccinations**, stay home and quarantine for at least 5 days and wear a well-fitting mask for 10 days anytime you must be around others.
- **Are up to date on your COVID-19 vaccinations**, you do not need to stay home and quarantine. Wear a well-fitting mask for 10 days anytime you must be around others.
- **Had confirmed COVID-19 within the past 90 days**, you do not need to stay home unless you develop symptoms. Wear a well-fitting mask for 10 days anytime you must be around others.

### Monitor your health:

- Watch for symptoms until 10 days after your exposure to COVID-19. If you develop symptoms, isolate immediately and wear a well-fitting mask around others.



### Symptoms can include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## 2 Think about the people you have recently been around.

While you wait for your COVID-19 test result, think about anyone you have come into close contact with starting 2 days before your symptoms began (or two days before you test if you do not have symptoms). This information can help with contact tracing efforts and help slow the spread of COVID-19 in your community.

**Complete the information on the back of this page to help you remember everyone you have been around.**

## 3 Answer the phone call from the health department.

If a public health worker calls you, answer the call to help slow the spread of COVID-19 in your community.

- Discussions with public health workers are **confidential**. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider.
- Your name will not be shared with those you came in [contact](#) with. The public health worker will only notify people you were in [close contact](#) with that they might have been exposed to COVID-19.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## Think About The People You Have Recently Been Around

If you test positive and are diagnosed with COVID-19, someone from the health department may call to check-in on your health, discuss who you have been around, and ask where you spent time while you may have been able to spread COVID-19 to others. This form can help you think about people you have recently been around so you will be ready if a public health worker calls you.

### Things to think about. Have you:

- Gone to work or school?
- Gotten together with others (eaten out at a restaurant, gone out for drinks, exercised with others or gone to a gym, had friends or family over to your house, volunteered, gone to a party, pool, or park)?
- Gone to a store in person (e.g., grocery store, mall)?
- Gone to in-person appointments (e.g., salon, barber, doctor's or dentist's office)?
- Ridden in a car with others (e.g., rideshare) or taken public transportation?
- Been inside a church, synagogue, mosque or other places of worship?



### Who lives with you?

**Who have you been around in the last 10 days? (You may have more people to list than the space provided. If so, write on the front of this sheet or a separate piece of paper.)**

Name	Phone Number	Date you last saw them	Where you last saw them
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**What have you done in the last 10 days with other people?**

Activity	Location	Date
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