



If result is positive, the testing entity you used will contact you within a week.

What should you do to protect yourself while you wait for test results?

- Stay home except to get medical care. Call ahead before visiting a health care facility and let them know you are waiting for test results.
- Separate yourself from other people and animals in your home. Keep a distance of at least six feet at all times.
- If you must seek medical attention, call ahead before visiting your doctor or medical facility.
- Cover your coughs and sneezes.
- Avoid sharing personal household items.
- Clean your hands often.
- Clean high touch surfaces often.
- Monitor your symptoms.
- Avoid using public transportation, ride sharing, or taxis
- Please inform your supervisor at work that you have been tested for COVID-19 and note the date of testing

Due to privacy considerations, the testing facility will be unable to leave a message. They will attempt two follow up calls. If you have not received your test result in 7 days, contact your local health provider.

Monitor symptoms:

- Keep a daily record of fever, cough, and additional respiratory symptoms.
- Check your own temperature two times a day.
- Seek further evaluation from a health care provider if your symptoms get worse. Call ahead before visiting your doctor and tell them you have been tested for COVID-19.

Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19 or other medical emergencies:

- Extremely difficult breathing
- Bluish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficult to wake up
- Slurred speech (new or worsening)
- New seizure or seizures that won't stop

This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

For medical emergencies, call 911 & notify the dispatch personnel that you may have COVID-19.

FOR MORE INFORMATION VISIT: WWW.CORONAVIRUS.ALASKA.GOV or WWW.CORONAVIRUS.GOV



If you test **positive** for COVID-19, keep your entire household home

- Stay home in isolation except to get medical care; do not go to work or school.
- Separate yourself from other people and animals in your home
- Most cases can be cared for at home.
 - Do not go to the hospital to seek care unless you have a medical emergency.
- If you have questions or your symptoms worsen, contact your medical provider.
- **Continue to monitor your symptoms at home as described on the opposite side.**

What should you expect?

- Most people experience minor symptoms such as fever and cough.
- Over-the-counter medications that lessen symptoms of fever and cough may help. It is important to get rest and drink plenty of fluids.
- There is currently no vaccine or medication to treat or prevent COVID-19.

When does home isolation end?

- If you test positive for COVID-19, stay home and limit contact with others until:
 - You have been fever-free for at least 3 days without using medicine that reduces fevers AND
 - Your other symptoms have improved AND
 - At least 7 days have passed since your symptoms first appeared
- You will need to consult your employer prior to returning to work.

If your test result is **negative**, keep your entire household healthy

- You are probably not infected at this time.
- As long as the virus that causes COVID-19 is spreading in your community, continue to follow recommendations to protect yourself, including: continue practice social distancing, wash your hands often, avoid touching your face, and avoid social gatherings according to local guidance.
- If you do begin to experience symptoms, monitor yourself and call a health care provider for guidance.
- Follow guidance from your healthcare provider and public health officials.