

I just got tested: what do I do now?

- * Self-isolate (stay away from others as much as possible), wear a mask, and limit the places you go to reduce exposures while waiting for your results.
- * **Think about why you were tested.** Was it because of a close contact, living with someone who tested positive, feeling sick, or before a medical procedure/surgery?
 - COVID-19 results provide your status on the day you were tested; limiting activities and exposures for the most accurate results is very important.
- * **Contact the testing site or your provider for your results**—the Public Health Department does not provide test results.

I just found out I tested positive: what is the next step?

- * **Stay Home.** Please continue to isolate away from others; even those within your home (use your own bedroom and bathroom, clean and disinfect regularly, have meals on your own).
- * **Think about what symptoms you are having.** Symptoms may include, fever, cough, shortness of breath, congestion, headache, body aches, loss of taste and loss of smell, diarrhea, sore throat, runny nose, and fatigue.
- * **If you have any of the above symptoms:** Please make a list of people you were in contact with and places you have been 48 hours before your symptoms started.
- * **If you do not have symptoms:** Please make a list of people you were in contact with and places you have been 48 hours before the date you were tested.

Please use the QR code below for a form to list your contacts and their information:



For the fillable form, please visit:

<https://www.stlawco.org/sites/default/files/PublicHealth/11-19-20%20Covid%20Pre%20Contact%20Tracing%20Form.pdf>

- * **Contact your employer.** You are not able to work until you speak with Public Health.
- * If you have children living in your household, **please contact their school.**
- * Your local health department will contact you within 48 hours. If you do not hear from them, please call the St. Lawrence Public Health Department at 315-386-2325.

THANK YOU.