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CONTRA COSTA
PUBLIC HEALTH
COMMUNICABLE DISEASE
PROGRAMS

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WAITING FOR COVID-19 RESULTS

If you have completed your COVID-19 test and are awaiting results, please follow the guidance below.

Until you know your results:

- If you are **feeling sick**, you need to stay home and isolate yourself from other household members.
- If you had close contact with a <u>person with confirmed COVID-19 infection</u> you need to stay home, even if you are feeling well. This is called quarantine. Please follow *Quarantine Instructions for Close Contacts*.
- If you are feeling well and have not had close contact with anyone with confirmed COVID-19 you may continue your regular activities within the current Health Officer's guidelines until you receive your results.

When your results come in, please follow the guidance below.

If your results are **negative**:

- If you are **feeling sick**, you need to remain home until you feel better.
- If you are feeling well, but you have had close contact with a person with confirmed COVID-19 infection, you need to stay at home on quarantine for 14 days from your last contact with that person. If you develop symptoms during this time, follow up with your provider for possible re-testing. You will also need to remain isolated in your home until you get your results or until you are well as noted below. Please refer to the Quarantine Instructions for Close Contacts.

If your results are **positive**:

Please refer to the *Instructions for Self-Isolation & Health Monitoring*, where you will find guidance on how to protect yourself, your family, and your community.

For more information on how to get testing, home quarantine and isolation please visit: https://www.coronavirus.cchealth.org/ and click tabs Get Tested or About COVID-19.

For questions or concerns you can contact Contra Costa Public Health during normal business hours Monday-Friday 8:00AM-5:00PM at <u>925-313-6740</u> or email us at <u>CoCohelp@cchealth.org</u>. You can also find more information online at <u>cchealth.org/coronavirus</u>.



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