



GENESEE AND ORLEANS COUNTY HEALTH DEPARTMENTS

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If you have not received your test results yet:

- Stay home! Until you get your test results you should be self-isolating to prevent spreading the virus. Do not stop for coffee, shop or visit with family and friends. If you are positive, even without feeling sick (asymptomatic) you can still be passing germs on to others.
- Stay separated from other family members as much as possible. Use a separate bathroom and have meals brought to your room.
- It may take a few days to receive test results due to the volume of tests. You will be contacted within a few days with further instructions and to check to see how you are doing.
- Keep track of where you were the 48 hours before you were tested. Please start writing down any contacts you may have had 48 hours before you started having symptoms or took the COVID-19 test. This will help health department staff with contact tracing and may help protect others from being exposed.
- If you start having symptoms, talk with your primary care provider and let them know you tested for COVID-19.
- If you need to seek emergency medical care, let whomever is taking you (hospital, primary care provider, ambulance, family, friend, etc.) know you tested for COVID-19 so they can take necessary precautions to limit the spread of the virus.
- This result is only good for the time the test was taken. It is important to continue to limit time in public and with non-household members to decrease your risk of exposure and decrease your spreading the virus if you have it. Many people are asymptomatic (not feeling sick) but can still spread the virus up to 48 hours before feeling sick or being tested.
- If you believe or were told you had contact with someone who tested positive and were potentially exposed, it may be too early to show up on the test results. It generally takes about 5 days before there is enough virus in your system to show up on a test swab.
- Continue to practice good handwashing, limit time out in public, keep at least 6' from others, including your household members if you believe you were exposed. Wear a face mask/covering when out in public and/or you cannot keep at least 6' from others at home or in public.
- Monitor your health a couple of times a day (morning and evening). Do you have a temperature over 100°? Are you experiencing any new symptoms similar to a cold? Have you lost your sense of taste and smell? Do you have a runny nose, sore/scratchy throat, headache, body ache, increased fatigue, etc.?