Steps to Take After Being Tested for COVID-19

When Will I Have Results?
- COVID-19 test results are generally available within 1—5 days, depending on testing availability.
- Results are sent electronically or via fax to the ordering provider. Additionally, your local health department will be notified of a detected result.
- Results are available via patient portal: https://grandlakehealth.followmyhealth.com
- If you are tested for COVID-19 and symptom free, you should quarantine and isolate until results are received.

If You Have Symptoms of COVID-19, Isolate Yourself.
- While waiting for the results of your test, your household members should stay at home.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members should stay in a separate part of the home, if available.

If Your Results are Positive (or Detected), Isolate Yourself Until:
- 24 hours with no fever **and**
- Symptoms have improved (e.g. cough, shortness of breath) **and**
- 5 days since symptoms first appeared
- If you are *not* experiencing symptoms of COVID-19 and your test results are positive, you should continue to quarantine and isolate for 5days after the test is performed.

If your Results are Negative (or Not Detected), Continue to Reduce Your Risk of Illness.
- If you have symptoms, you should continue to quarantine and isolate as if it was detected (see above). The test result only means that you did not have COVID-19 at the time of testing.
- Practice social distancing and wash your hands.
- Avoid non-essential outings.

Guidance for Your Household Members
- While waiting for results, your household members should stay home if you have symptoms of COVID-19.
- They should not go to work or school and should avoid all public places.
- If results are positive, your household members should immediately quarantine themselves for 10 days.
- Household members should monitor for fever, cough and shortness of breath and contact their healthcare provider with symptoms. If they need treatment, they should call their primary care provider or hospital before they visit.

Practice Healthy Habits
- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider that you have been tested for COVID-19. The healthcare provider's office will take steps to keep others from infection or exposure.
- Cover your cough, or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for at least 20 seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.
- Wear a mask/face covering in public settings.

Please contact your Primary Care Provider if you have questions.

GRAND LAKE™
H E A L T H   S Y S T E M