



Stay Home While Waiting For Your COVID-19 Test Result

You have just been tested for COVID-19 and are experiencing symptoms, now what?

Your healthcare provider has determined that you do not need to be hospitalized at this time, so you must self-isolate. This means:

- Staying home from school and work
- Not leaving your home, except for medical appointments
- Avoiding public transportation and ride sharing

It may take **up to 5 to 7 business days** for your test result to come back. You will be contacted by the provider's office who ordered the test. RiverStone Health Public Health Services will also contact you if your test is positive. If you have not heard about your test result within **7 business days**, please call the provider **where the test was ordered**.

If you have a medical appointment, call ahead and tell the provider that you are waiting for COVID-19 test results. Calling ahead lets your healthcare provider take steps to prevent the possibility of exposing other people to the virus.

It is **critical** that you follow the guidelines below while waiting for your COVID-19 test results. Following these guidelines will help prevent possible spread of infection to others in your home and in our community.

- As much as possible, stay away from other people and pets in your home. Use a separate bathroom, if possible.
- If you can, have another household member care for pets. If you must care for pets, wash your hands thoroughly before and after interacting with the pets.
- Wear a facemask while in the same room or vehicle with pets and other people. If you cannot wear a mask (if, for example, it causes you difficulty breathing), other people in the room or vehicle should wear facemasks.
- Cover your mouth and nose with a tissue when you cough or sneeze. Immediately place the used tissue in a lined trashcan. Wash your hands right away with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. Use a nickel-sized amount of sanitizer.
- Don't share food, drinks, dishes, eating utensils, towels or bedding with other people or pets. Dishes, towels and bedding should be thoroughly washed and dried on the hottest setting appropriate.
- Use household disinfectants to regularly clean high-touch surfaces. That includes counters, doorknobs, bathroom fixtures, toilets, phones, remote controls, keyboards, tablets and bedside tables.
- ***Your household member(s) are not required to quarantine while you are waiting your test results*** but in order to prevent spread of disease, everyone in the household needs to check for symptoms of COVID-19. If a household member(s) develop a new cough, new shortness of breath, subjective or measured fever ≥ 100.0 , fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, call your healthcare provider or the RiverStone Health Public Health Information line at 406.651.6415. Calls are returned weekdays between 8 a.m. and 5 p.m.

