STAY SAFE MN

What to Do While You Wait for a COVID-19 Test Result

After you get tested

- Stay home and away from others, especially if you have symptoms. Even if you do not have symptoms, it is best to stay home, but if you have to leave, wear a mask and stay 6 feet from others.

- Start making a plan for what you will do if you have a positive test because you will need to stay home for at least 10 days.

- Make a list of people you have been in close contact with recently. Tell them you may have COVID-19 and they should stay away from others until they hear from you.

- If you were tested because you were in contact with someone who has COVID-19 and you do not have symptoms, you should stay home while waiting for your test results and you will need to stay home for 14 days even if your test is negative because you could still become sick.

- If you were tested for an upcoming medical procedure and you do not have symptoms, you do not have to stay home while waiting for your test results.

- It may take several days to get your test results back. You will receive test results by email, text and/or telephone call.

- Monitor your symptoms. If they get worse, contact your health care provider. Tell them you were tested for COVID-19.

If your test is positive

- This means you currently have COVID-19.

- **Stay home.** A public health worker will call you. It is important that you answer their phone call. They will ask you questions about possible exposures to COVID-19, such as people you have been in direct contact with and places you have visited.

- They will also give you more information about what you should do and how long you should stay home.

If your test is negative

- This means you **do not** currently have COVID-19. However, you could still be exposed or become sick at any time. You should continue to take steps to protect yourself and others from COVID-19.

- If you develop symptoms of COVID-19, talk to your doctor or other health care provider about getting tested again.

More information

Minnesota Department of Health's COVID-19 website
https://www.health.state.mn.us/diseases/coronavirus/

Minnesota Helpline 651-297-1304 or 1-800-657-3504
(Monday through Friday: 9 a.m. to 4 p.m.).

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