

If you are an essential staff without COVID-19 symptoms, being quarantined is not needed while you wait for your test results. An essential staff is any worker who is leaving their home for in-person work.

## If I have no symptoms what should I do while I wait for my test results?

- Stay at least 6 feet (about 2 arms' length) from other people outside of your home.
- Wear a facial covering over your nose and mouth in any enclosed public spaces when you are unable to stay at least 6 feet from others.
- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, then wash hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched surfaces, such as office space, electronic equipment, doorknobs, etc.



**Monitor your symptoms**



**Wash your hands**



**Cover your cough**



**Avoid touching your face**



**Clean & disinfect your home**

## What if I develop symptoms while waiting for my test results?

Monitor your symptoms and stay at home. If your symptoms worsen (severe shortness of breath or high fever) prior to receiving your test results, call your healthcare provider and tell them you have symptoms and were recently tested for COVID-19.

- Stay home, isolated in a separate room from other household members, including animals. Do not have visitors.
- Limit going outside of your home, except to get medical care. Call ahead and let your healthcare provider know you think you have COVID-19 and are waiting for your test results.
- Use a separate bathroom if possible. If sharing a bathroom, keep toothbrushes separate and disinfect all surfaces after each use.
- Don't share household items, such as drinking glasses, eating utensils, towels or bedding.

- Cover your mouth and nose with a facemask or [cloth face cover](#) when around others. Maintain 6 feet between yourself and others. Wash cloth face covers regularly in the washing machine.
- Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, then wash hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched surfaces, such as doorknobs, phones, bathrooms.

### What if my test results are negative?

If you test negative, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing.

### What if my test results are positive?

Most patients with COVID-19 have mild illness and recover on their own at home.

- Continue following all steps for isolation and take precautions to protect your household members and the public.
- Treat your symptoms with rest, plenty of fluids, sleeping often, and medicines for fevers, cough, pain, etc.
- If any of your household members are showing symptoms and need testing, call Nurse on Call at 1-800-848-5533. These household members should also stay isolated until their symptoms improve. Individuals you have had contact with since you felt ill should also avoid leaving their home for two weeks.
- Caregivers: Visit [www.oakgov.com/covid](http://www.oakgov.com/covid) for more tips about caring for someone in isolation.

### When Can I stop Home Isolation?

Patients with a confirmed case of COVID-19 can stop home isolation after all of the following three (3) things happen:

1. You have gone at least 72 hours with no fever (that is three full days of no fever without use of medicine that reduces fevers)
2. Other symptoms have improved (for example, when your cough and shortness of breath have improved)
3. At least 7 days have passed since your symptoms first appeared

Make the decision to stop home isolation with your healthcare provider. If you have questions, call Oakland County Health Division Nurse On Call at 1-800-848-5533 with questions.

Learn more about slowing the spread of COVID-19 at [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)  
For questions call Nurse On Call at 1.800.848.5533 or visit [www.oakgov.com/covid](http://www.oakgov.com/covid)