



If you have been tested for COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others:

### Communicate with Public Health

- Public health will contact you with your results as soon as possible. It may be a week or longer, depending on demand.
- If you receive negative (or “not detected”) results, and COVID-19 is still circulating in your community, continue to reduce your risk of getting sick by:
  - Practicing social distancing
  - Washing your hands
  - Avoiding non-essential outings

### Isolate Yourself

- While waiting for results, you should strictly isolate yourself 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 can consider staying in a separate location, if available, to decrease their risk of exposure.
- Where possible, ask others such as friends or family, to get food or necessities for you.
- If you must leave home, such as to seek medical care, wear a surgical mask if available.

### Monitor Your Health

- There is no specific treatment for COVID-19.
- Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.

### Arrange for Care

- 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. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

### Practice Healthy Habits

- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for  $\geq 20$  seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.

### Learn More

- Online: [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov) or [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)