

## Guidance After Testing for COVID-19

You were just tested for COVID-19—here's what to expect next.

### Test Results

- While you wait for your test results, you should self-isolate in your home to limit the possibility of spreading the virus to your loved ones and community if you test positive for the virus. This includes limiting contact with others in your household and avoiding leaving your house.
- **If your test is negative**, it means that *at this time* you are not showing evidence of COVID-19.
- **If your test is positive**, it means that you are infected with the COVID-19 virus.
  - Most individuals with COVID-19 have no or only mild symptoms of illness and recover without the need for medical care.
- **If you were a close contact of a COVID-19 patient**, you should report your test result to your contact tracer. Continue to self-quarantine and monitor your symptoms until instructed safe to discontinue.

### What happens if I test positive?

- After you test positive for COVID-19, the information about your test is shared with the Forsyth County Department of Public Health.
- Once the Department of Public Health receives your information, you will be assigned to a **Case Investigator** who will call you to monitor your health and provide guidance. The Caller ID for your Case Investigator will be “NC Outreach” or the phone number (844) 628-7223.
- While you wait for a call from your Case Investigator, please make a list of your **close contacts**. You had close contact with a person if you were within 6 feet of that person for 15 minutes or more while you were contagious. You are considered contagious 48 hours before you experienced your first symptom, or if you are not experiencing symptoms, 48 hours before you completed your COVID-19 test. Please write a list of all individuals who may be considered your close contacts, the date when you last were in close contact with that person, and their contact information. This can include individuals living in your household.
- We will notify your contacts of their exposure and provide them with the public health recommendations necessary to remain healthy and prevent disease spread. When we notify your contacts, we WILL NOT identify you as the person who gave us their name.
- You will be asked to **stay home and isolate yourself away from others in your home**, which means not sharing a bedroom, bathroom or common spaces with anyone else until you meet the criteria necessary to end isolation. The Case Investigator will explain this guidance.

### Why should I provide information about my close contacts?

Local contact tracing efforts are the best way to contain the spread of COVID-19 in your community! Contact tracers will monitor the health of your close contacts, refer them to testing, and make sure they have resources to stay safe!

**Questions or concerns?** Call the Forsyth County COVID-19 Helpline at (336) 582-0800, Mon-Fri 9 am-5 pm.