

COVID-19 POST-TESTING INSTRUCTIONS:

STAY HOME and self-monitor UNTIL test results are confirmed - No matter why you were tested!

1. **If you HAVE SYMPTOMS of COVID-19, and test results show:**

Confirmed POSITIVE: continue ISOLATION defined below:

Indiana State Department of Health (ISDH) will complete a case investigation through the Maximus Contact Tracing Call Center. Patients are encouraged to contact their employer as soon as results are received. An ISDH case manager will follow up with positive cases every 7 days to monitor symptoms and will determine when a patient can be safely released from isolation.

Confirmed NEGATIVE: continue ISOLATION defined below:

During isolation, stay home. Stay away from family members to keep them from getting the infection. Avoid sharing dishes, glasses, bedding and other household items. Use a separate bedroom and bathroom if possible. **Discontinue isolation when:** at least 10 days have passed since the onset of symptoms **AND** you are 24 hours fever free *without use of fever reducing medications (Tylenol/Ibuprofen)*, **AND** symptoms have improved.

2. **If you were named a CLOSE CONTACT and test results show:**

Confirmed POSITIVE: See above “Confirmed POSITIVE”

Confirmed NEGATIVE: continue Quarantine defined below:

During quarantine, stay home. Check your temperature twice a day and watch for symptoms of Covid-19 because you could turn positive at any point in the 14-day quarantine period. Keep distance (6 feet, or 2 meters) between yourself and others. If you develop symptoms, isolate (see definition above) yourself at home. Call your doctor if symptoms worsen. **Discontinue quarantine when:** at least 14 days has passed since your last date of exposure to the positive case.

3. **If you were tested without being a CLOSE CONTACT or having SYMPTOMS and test results show:**

Confirmed POSITIVE: See above “Confirmed POSITIVE”

Confirmed NEGATIVE:

If negative, resume normal activity within State guidance, check your temperature and watch for symptoms of Covid-19.

For further questions, contact the Dubois County Health Department at 812-481-7050