

# Next Steps: What to do After Getting Tested for COVID-19



If you have symptoms you need to stay home while you wait for your COVID-19 test results. Do not go to work, school or other public places.



If you test positive for COVID-19 you need to stay home and isolate:

## Calculating Isolation

Day 0 is your first day of symptoms or if you haven't had any symptoms, the day of your positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. (This table was adapted from the CDC).

### **Stay home for at least 5 days**

Stay home for 5 days and isolate from others in your home.

Wear a well-fitted mask if you must be around others in your home.

### **Ending isolation if you had symptoms**

End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

### **Ending isolation if you did NOT have symptoms**

End isolation after at least 5 full days after your positive test.

### **If you were severely ill with COVID-19**

**You should isolate for at least 10 days. Consult your doctor before ending isolation.**

### **Take precautions until day 10**

#### **Wear a mask**

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

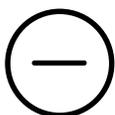
#### **Avoid travel**

Avoid being around people who are at high risk

## Next Steps

- Monitor your symptoms and call before visiting your doctor.
- Tell your employer, school, or child care center about your diagnosis.

- Notify your close contacts.
- If you are having a medical emergency, call 911.
- Take steps to limit the spread of COVID in your household.
- You don't need a test to end isolation.



If you test negative for COVID-19:

- You most likely do not have COVID-19 at this time.
- You could have been exposed to COVID-19 at some point and not enough time has passed for the test to pick it up. You may test positive at a later date.
  - If you were exposed to someone with COVID-19 see quarantine guidance on the next page.
- You need to continue to practice protective measures to help keep yourself and others from getting sick.





# Did you have close contact with someone who tested positive for COVID-19?

The Wisconsin Department of Health Services defines **close contact** as any of the following:

- You were within 6 feet of a person who had COVID-19 for a total of 15 minutes or more over a 24-hour period.
- You had direct exposure to respiratory secretions (for example, being coughed or sneezed on, sharing a drinking glass, utensils, towels or other personal items).
- You had direct physical contact with the person (for example, a hug, kiss, or handshake).
- You cared or care for a person who has COVID-19.
- You lived or live with a person who has COVID-19.
- You stayed overnight with them for at least one night in the same household.

## Calculating Quarantine

The date of your exposure is considered day 0. Day 1 is the first full day after you last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days.

<p><b>IF YOU</b> Were exposed to COVID-19 and are <b>NOT</b> up-to-date on COVID-19 vaccinations</p> <p>Not up-to-date on COVID-19 vaccinations means you have not received all of your COVID vaccine doses, including any boosters that you are eligible for.</p>	<p><b>Quarantine for at least 5 days</b></p> <p><b>Stay home</b> Stay home and quarantine for at least 5 full days. Wear a well-fitted mask if you must be around others in your home.</p> <p><b>Get tested</b> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19. People who cannot wear a mask, including children under 2, should quarantine for 10 days.</p>	<p><b>After quarantine</b></p> <p><b>Watch for symptoms</b> until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b> isolate <u>immediately</u> and get <u>tested</u>. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10</b></p> <p><b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are high risk</b></p>
<p><b>IF YOU</b> Were exposed to COVID-19 and are up-to-date with vaccination <b>OR</b> had confirmed COVID-19 within the past 90 days (not an antibody or home test)</p> <p>Up-to-date on COVID vaccinations means you received all of your COVID vaccine doses, including any boosters that you are eligible for.</p>	<p><b>No quarantine</b> You do not need to stay home unless you develop symptoms.</p> <p><b>Get tested</b> Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19. If you had confirmed COVID-19 within the past 90 days, you do not need to get tested. If you develop symptoms, consult with your primary care provider.</p>	<p><b>Watch for symptoms</b> Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b> isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10</b></p> <p><b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are high risk</b></p>

If you can't quarantine, you must wear a mask around others for 10 days. We strongly recommend quarantine as the safest option to prevent the spread of COVID-19.

