



TETON COUNTY HEALTH DEPARTMENT

## WHAT TO DO WHILE YOU WAIT FOR YOUR COVID-19 TEST RESULTS

### **Assume you are positive and begin to self-isolate immediately**

- Stay home
- Separate from everyone: maintain physical distance of greater than 6 feet at all times with other members in your household (including pets) – as best as you can
- Use your own bedroom and bathroom when possible
- Wipe down shared/common surfaces (frequently) with a disinfectant
- Wear a mask when you are unable to avoid common spaces
- Wash your hands frequently

### **If your test result is POSITIVE**

- Someone from the Teton County Health Department (TCHD) - Isolation and Tracing Team will contact you (usually within 1-3 days of your test result) to explain next steps.
- The team member will also help you identify ‘close contacts’, provide you with resources, information, documentation, and answer any questions you may have.

### **If your test result is NEGATIVE**

- You have still been exposed to the virus.
- You may have tested too soon – symptoms can develop up to 14 days after exposure.
- Continue to monitor yourself for symptoms. If symptoms become severe or you have a health emergency, call 911 (phone in advance to tell them you have been exposed to COVID-19).
- Continue to quarantine – staying home and staying separate from others for 14 days from last exposure.
- You should be hearing from a TCHD Team member (or the person who tested positive) to assist you with additional access to testing and information about quarantine.