Instructions While Awaiting Results of Testing for COVID-19 (Novel Coronavirus)

Can I go out, visit friends or family, or have friends or family visit me while I am waiting for my test results?

No, you need to self-isolate at home, meaning you should stay at home so that you don’t spread the infection.

- Avoid any activities outside your home except for getting necessary medical care.
- Do not go to work or school.
- Avoid public places and public transportation, including BART, MUNI or ride share services.
- Avoid having anyone visit you during this time to help keep your friends/family healthy.

What if I need to visit my doctor while I am waiting for my test results?

Here are some steps you must take before visiting your doctor:

- Call your doctor ahead of time and tell them that you have been tested for COVID-19 and are waiting for results
- Wear a facemask when you go out
- Walk or take a private car. Do not ride public transportation or use ride-sharing.

What if my test result is positive for COVID-19? Do I need to go to the hospital?

If your test result is positive for COVID-19, a healthcare provider will evaluate whether you can be cared for at home or whether you should be treated in the hospital. If you are asked to stay home, you will need to continue to self-isolate at home. The health department will check in with you about your health and let you know when you can go back to your usual activities.

How do I keep the people and pets in my household from getting COVID-19?

- As much as possible, stay in one room and away from other people in your home. If you are around people (for example, sharing a room) in your home, wear a facemask. If you are not able to wear a facemask, then the other person (or people) should wear a facemask if they share or enter your room. If possible, use different bathrooms.
- Be sure to stay at least 6 feet away from people who are most vulnerable to severe COVID-19 infection, including elderly, persons with multiple medical problems, and persons who are immune compromised.
- Avoid sharing personal household items such as dishes, forks/spoons/knives, towels, or bedding. Wash these items thoroughly with soap and water after each use.
- Clean surfaces that are frequently touched by everyone such as counters, doorknobs, toilets, phones, tablets, and keyboards. Use a household cleaning spray or wipe as instructed on the labels.
- Cover your coughs and sneezes with a tissue, and then throw it away. Immediately wash your hands with soap and water for 20 seconds or clean your hands with sanitizer that contains 60-95% alcohol.
- Keep limited contact with your pets if you are sick. If possible, have someone else care for your animal while you are sick. If that is not possible, wash your hands before and after interacting with your pet and wear a facemask. While there have not been any reports of pets getting COVID-19, it is recommended that people with COVID-19 limit contact with pets until more is known about the virus.

Where can I get more information about how to prevent the spread of COVID-19?

Instructions for Partners, Caregivers, and Household Members of People Awaiting Results of Testing for COVID-19 (Novel Coronavirus)

What can I do for my partner or household member who tested for COVID-19?

You can help them with basic household needs and getting groceries and prescriptions. Help them follow their healthcare provider’s instructions if they need support. If this person has pets, help take care of them while they are sick.

What do I do if their symptoms are getting worse?

If the person is getting sicker, call their healthcare provider and tell them that the patient has been tested for COVID-19 and is waiting for results. If it is a medical emergency, call 911 and notify the dispatcher that the patient has been tested for COVID-19 and is waiting for results.

Should I wear a facemask at home?

It is recommended to wear a facemask if you are in the same room as the person tested for COVID-19. Throw out disposable facemasks after using them, and do not reuse facemasks. Make sure that any shared spaces have good airflow (open window or air conditioner). Remind the person who was tested that they need to wear a facemask when they are in a room with others.

I’m a caregiver. How can I prevent the spread of COVID-19?

Wear a disposable facemask and gloves when you touch or have contact with the patient’s blood, stool, or bodily fluids.

When taking off the mask and gloves, first remove and dispose of the gloves. Then clean your hands with soap and water or hand sanitizer. Next, remove and throw away the facemask, and immediately clean your hands with soap and water. Also, clean any surfaces that may have blood, stool or body fluids on them with household cleaning spray or wipes according to the label instructions.

I do the laundry for the household. Any suggestions for me?

Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, stool, and bodily fluids on them. Wear gloves while handling these items and keep them away from your body. After you have removed your gloves, wash hands with soap and water or use hand sanitizer. In general, use normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest recommended temperature on the clothing label.

How do I throw away used gloves, facemasks, and contaminated items?

Place all contaminated items in a lined container or garbage bag before throwing them away with other household garbage. Clean your hands with soap and water or hand sanitizer immediately after handling these items.

What can everyone in the household do?

You can follow the recommendations for everyday prevention. Wash your hands with soap and water or hand sanitizer after each contact with the person who tested for COVID-19. Avoid touching your eyes, nose or mouth without first washing your hands.

Where can I get more information about how to prevent the spread of COVID-19?