



Isolation and Quarantine Steps for People Before and After COVID-19 Diagnostic Test Results

There are a number of reasons why you may test for COVID-19 – because you have symptoms of possible infection, because you were the close contact of someone with COVID-19, or because you are in a job that recommends or requires testing. The directions below will help you to determine what you should do while you are waiting for your diagnostic test results, and what to do after your test results are available.

What to do while you're waiting for test results:

If you have any COVID-19 symptoms*, then follow the Isolation Steps while you are waiting for results.

**COVID-19 symptoms include:*

- Fever, Chills, or Repeated Shaking/Shivering
- Cough
- Sore Throat
- Shortness of Breath, Difficulty Breathing
- Feeling Unusually Weak or Fatigued
- Loss of Taste or Smell
- Muscle pain
- Headache
- Runny or congested nose
- Diarrhea

If you have no symptoms but were the close contact# of a person with COVID-19, then follow the Quarantine Steps while you are waiting for your test results.

#You are a close contact of a COVID-19 positive person if, from 48 hours before their symptoms began, the person with COVID-19:

- Lived or stayed overnight with you
- Was your intimate sex partner
- Took care of you or you took care of them
- Stayed within 6 feet of you for more than 10 minutes while they were not wearing a face mask
- Exposed you to direct contact with their body fluids or secretions (e.g., coughed or sneezed on you) while you were not wearing a face mask, gown, and gloves

If you do not have COVID-19 symptoms, and are not a close contact, you just need to wait for your test results. You do not need to follow Isolation or Quarantine Steps.

What to do after you get your test results:

If you test positive, follow the Isolation Steps

If you test negative AND:

1. You were not a close contact and have no COVID-19 symptoms ⇒ you can resume your regular activities.
2. You were a close contact# of a COVID-19 positive person ⇒ continue to follow the Quarantine Steps.
3. You were not a close contact but have COVID-19 symptoms* ⇒
 - If your healthcare provider thinks you have COVID-19, continue to follow the Isolation Steps.
 - If you are in close contact with a vulnerable person,** you should consider remaining in isolation for the entire isolation period, as described in Isolation Steps.
 - Otherwise, follow Isolation Steps until your fever has been gone without taking fever-lowering medication and your symptoms have been improving, both for 72 hours.

***A vulnerable person is someone who is:*

- Age 60 years or older
- Staying in a nursing home or long-term care facility
- Has asthma (moderate-to-severe)
- Has chronic lung disease
- Has diabetes (type 1, type 2, or gestational)
- Has serious heart conditions (including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension)
- Has high blood pressure
- Has chronic kidney disease being treated with dialysis
- Has severe obesity (body mass index of 40 or greater)
- Has chronic liver disease
- Immunocompromised (including cancer treatment, bone marrow or organ transplantation, immune deficiencies, HIV with a low CD4 cell count or not on HIV treatment, and prolonged use of corticosteroids and other immune weakening medication)