

COVID-19 Testing: What you need to know



Here are important steps to take after you have a COVID-19 test.

THREE IMPORTANT STEPS TO TAKE NOW:



1. Sign up for kp.org to get your results.

Visit kp.org to receive your COVID-19 test results and important health education.

Not registered?

Go to kp.org/register.

Need technical support?

Call **1-800-556-7677**. You will need your Kaiser Permanente Medical Record Number (found on your member ID card).

You should receive your results and important instructions on kp.org in 1 to 2 days.



2. Rest and quarantine at home as soon as you get tested, even if your results are not back if:

- You have symptoms, or
- You are not vaccinated and had close contact exposure* to someone with COVID-19.

*You were within 6 feet for 15 minutes or more, in total, over a 24-hour period.

Review the rainbow-colored **Summary Guidance for COVID-19 Cases & Contacts** handout for important information.



3. Closely monitor your symptoms (see instructions to the right) and seek help immediately if you get worse.



Monitor your symptoms carefully, even if your test results come back negative.

Monitor your symptoms carefully – especially difficulty breathing – and call us if they get worse. Common symptoms of COVID-19 include fever, cough, and shortness of breath. Other symptoms may also appear.

Rest and keep yourself hydrated.

If your symptoms get worse, call our 24/7 Advice Line. Phone numbers are listed below.

For medical emergencies, call 911 and notify staff that you have COVID-19.

Emergency warning signs for COVID-19 may include trouble breathing while at rest, unusual pain or pressure in the chest, new onset confusion, unusual difficulty waking up from sleep, or bluish lips or face.



24/7 Appointment and Advice Call Center

For an overview of care options, go to kp.org/getcare.

If your symptoms get worse, please call our 24/7 Appointment and Advice Call Center.

- Oahu: **808-432-2000**
- Maui/Molokai/Lanai: **808-243-6000**
- Hawaii Island: **808-334-4400**
- Kauai: **808-246-5600**
- TTY: **711**

If you are having a medical emergency, call **911** or go to the nearest hospital. If you are not sure, call our 24/7 Appointment and Advice Call Center (see above). It is important to tell us that you have recently been tested for COVID-19.

YOUR TEST RESULTS

If my COVID-19 test results are positive:

- **Isolate yourself at home for 5 days from when your symptoms started (if no symptoms, from the day you were tested).**
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.
- If you have a fever, continue to stay home until your fever resolves.

Please refer to the Department of Health website at <https://hawaiicovid19.com/> (scroll down to review **“Home Isolation & Quarantine Guidance” for the latest guidance on days of isolation).**

- Rest and stay hydrated.
- Symptoms may get worse the second week, so monitor yourself closely.
- If your symptoms get worse, call our 24/7 Advice Line. **Call immediately if you have trouble breathing while at rest, chest pain, dizziness, or confusion.** If you think you are experiencing a medical emergency, call **911**. Let the operator know that you have or think you might have COVID-19.
- If you have a **pulse oximeter** at home, follow the instructions which came with it to measure your blood oxygen readings at least once daily.
 - Call the Advice Line if your oxygen saturation level (SpO2) is less than **92%**.
 - Seek medical attention right away if your reading is less than **90%** or if you are having trouble breathing.
- Call our COVID-19 Household Prevention specialists at **1-800-394-2279** to **get a free kit of isolation supplies and important education.**
- Your **household members may need to stay at home.** See **Summary Guidance for COVID-19 Cases & Contacts** handout for details.
- **If you are pregnant,** please send a kp.org message or call your OB clinic at 808-432-4255 or 808-432-2935 if you have not been in contact with them about your positive COVID-19 test.
- Carefully review the instructions on kp.org with your test results.

If I was exposed to someone with COVID-19 (Centers for Disease Control & Prevention Guidelines):

If I:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

Guidance:

- Wear a mask around others for 10 days (from the day of exposure).
- Test on day 5, if possible.
- If you develop symptoms, get a test and stay home.
- If test is positive, follow instructions to the left side of this page.

If I:

Am unvaccinated

OR

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and am not boosted

OR

Completed the primary series of J&J over 2 months ago and am not boosted

Guidance:

- **Stay home for 5 days** from date of exposure.
- After that, continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible. If test is positive, follow instructions to the left side of this page.
- If you develop symptoms, get a test and stay home.

- See the **Summary Guidance for COVID-19 Cases & Contacts** handout for more information.
- **Carefully review the instructions you receive on kp.org with your test results, even if your test is negative.**

If you were tested because of your work and you do not have symptoms, check with your employer for guidance.



What if I had a COVID-19 test before having surgery or another procedure?

After your test, wear a mask, wash your hands often, and socially distance from others until your surgery. You can come in for required lab tests or X-rays before your procedure.

For more information about COVID-19, visit **kp.org/COVID** or go to **hawaiicovid19.com/resources.**