What should I do while waiting for my test results?

Stay home!

You should restrict activities outside your home, except for urgent medical care. Do not go to work, school, or public areas. Your results will be available in 1 to 3 days, but sometimes they can take longer. Log on to your kp.org account to see them. Medical teams and the Appointments and Advice Contact Center will not have your results before they are posted in your kp.org medical record.

Quarantine keeps someone who might have been exposed to the virus away from others and lasts up to 14 days.

This is for someone who either:

• does NOT have symptoms OR
• does NOT have a positive test

Details about quarantine:

• If you have not developed symptoms after 10 days, you can end your quarantine.
• You should watch for symptoms for a total of 14 days.
• If your provider recommends a test, it should be done no earlier than 5 days after an exposure.
• Quarantine can end after 7 days if you have not developed symptoms and have tested negative within the 2 days prior.
• Close contact is being within 6 feet of an infected person for 15 minutes or longer when neither person is wearing a mask, or direct contact with respiratory secretions.
• If your close contact tests negative for COVID-19 and you do not have symptoms, you can be released from quarantine.

Getting care during quarantine if symptoms develop:

• If you develop symptoms while on quarantine, you will shift to “isolation” status. If symptoms develop, you should get tested right away.
• If you have cold/flu symptoms during quarantine and test negative for COVID-19, you will still need to complete the 10-day quarantine and monitor for additional symptoms for a total of 14 days. See above for details that would permit an earlier release from quarantine. Before returning to outside activities, your symptoms must be improving and you must be fever free for 24 hours.

Isolation keeps someone who has, or may have, COVID-19 away from others and lasts at least 10 days.

This is for someone who has one or both of the following:

• symptoms OR
• a positive COVID-19 test

Infection Prevention:

• Stay home, except for urgent medical care
• Wash your hands
• Wear a mask
• Stay in a separate room at home, if possible
• Don’t share dishes, bedding, towels

Getting care during isolation:

• Use virtual care options such as online chat, on-demand video and phone visits with a doctor – visit kp.org/getcare. Or, call for nurse advice 24/7 at 303-338-4545 or 1-800-218-1059 (TTY 711).
• Mild symptoms (fever, cough, runny nose) can be managed at home. Drink lots of fluids, get plenty of rest, and take over-the-counter medications.
• If you have emergency symptoms, call 911 or go to the nearest emergency facility.
My test was **POSITIVE**

If your test is positive for COVID-19 you should **isolate**. This means staying home except for urgent medical appointments and separating yourself from others for the following periods of time.

**If you had symptoms:**
- At least 10 days have passed since you first had symptoms AND
- Your respiratory symptoms are improved AND
- You have not had a fever for at least 24 hours (without using fever reducing medication like Advil or Tylenol)

**If you didn’t have symptoms:**
- 10 days from the date of your positive test

Visit kp.org/coronavirus for infection prevention tips to help you limit the spread of COVID-19 to others.

If you meet the criteria above, repeat testing is not recommended to end isolation. You can test positive for up to 12 weeks even if no longer contagious.

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**For parents**
- If someone in your household has COVID-19, try to limit the number of people who will interact with, or care for, that person during the isolation period.
- If your child tests positive for COVID-19, she/he can be released from isolation once she/he has completed her/his isolation period. (See isolation instructions on page 1.)
- Whoever has been in contact with the sick child must quarantine for an additional 10 days from the last date of exposure (the last day of the child’s isolation period)*. If a family member can isolate from the child during the minimum 10-day isolation period, the 10-day quarantine starts on the day of the last contact with the child who is ill.
- If your child had close contact with someone known/suspected to have COVID-19, they must quarantine for 10 days and monitor symptoms for 14 days*. You do not have to quarantine unless your child develops symptoms or tests positive themselves.

* See quarantine instructions on page 1.

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My test was **NEGATIVE**

If your test is negative for COVID-19, why you had the test done impacts what you can do next.

If you got a test because you had symptoms and the result was negative, you can return to activities outside the home once:
- 24 hours have passed without a fever AND
- your symptoms are improving

If you got a test because you are going to have a surgery or procedure and the result was negative, you should continue to stay at home until the date of your surgery or procedure.

If you got a test because you had an exposure, see quarantine instructions on page 1.

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**Helpful Resources**

**COVID-19 Household Prevention Program**

If you test positive for COVID-19 and live with another person, call our community partners at 1-800-394-2279 to get a free kit of isolation supplies and to discuss other community support resources that may be available to you. This is a free service to help you safely isolate at home while recovering and to protect others in your household from becoming sick with COVID-19.

**For Assistance with Housing**

If you are a Kaiser Permanente member and you recently lost your housing or had to sleep in a shelter and have symptoms of COVID-19, call 303-614-1065 (TTY 711), Monday through Friday, 7 a.m.- 4 p.m.