Next Steps – After Testing for 2019 Novel Coronavirus (COVID-19)

Thank you for taking the steps to protect your health by getting tested for COVID-19. You are helping to keep your community safe by stopping spread of this virus. We know that you may be worried about what to expect if you start experiencing symptoms. You may also be wondering, what should I do while I wait for my results? The information below will help you to understand the next steps.

What do I do while I am waiting for test results?

- Because you were tested for COVID-19, you must isolate yourself at home until we know the cause of your illness. Avoid activities outside your home, except for obtaining necessary medical care (call ahead). DO NOT go to work or public areas.
- You will be contacted by Henry Ford Allegiance Health once your test results are available. COVID-19 results usually take 5 days, but potentially longer given current demand for testing. The outcome of testing determines if you need to stay at home longer.

How do I prevent the spread of illness?

- As much as possible, stay in a specific room in your home and away from other people and pets.
- Cover your mouth and nose with a tissue when you cough or sneeze. Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly in soap and hot water.
- Clean high touch surfaces multiple times per day, using a disinfectant spray or wipe.

What If I start getting sick?

- If you are showing increased symptoms (cough, fever, muscle aches) but they are mild - it is **not** necessary to see your doctor or visit the hospital. This puts other people at risk. If you have questions about whether you need care, please call the **Henry Ford MyCare Advice Line at (313) 874-7500.**

- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, please call your healthcare provider's office and tell them that you have, or are awaiting, test results for COVID-19.
- **Call 911 if you have a medical emergency.** If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are awaiting, test results for COVID-19. If possible, put on a facemask before emergency medical services arrive.

What if my test shows I have COVID-19?

- You will be required to continue to stay in your home (unless you require hospital care) until you are released by your local health department.
- The local health department will contact you to discuss risk factors related to where you may have been exposed, such as travel history or contact with persons infected with COVID-19. Also, the nurse will ask you questions about people you have been in contact with over the past 14 days. This will help to determine who else needs COVID-19 testing to limit the spread of the virus.

Please visit the Henry Ford Health System website for more information on COVID-19:

https://www.henryford.com/coronavirus