COVID-19 Testing: next steps and results

What should you do while you wait for your test results?

Stay home.
- Avoid close contact with others.
- Let your employer know you are being tested.
- If you have symptoms of COVID-19 or were exposed to COVID-19, follow the home isolation steps on the back of this page.

Protect yourself and others.
- Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer with 60% alcohol if you don’t have soap and water.
- Do not spend time with people who are sick.
- Stay at least 6 feet from others.
- Do not touch your eyes, nose and mouth.
- Clean all “high-touch” surfaces every day.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Wear a cloth face covering when you are around others.

Watch for symptoms.
- Keep track of when you have any new symptoms.
- Check your temperature two times a day.
- Keep a daily record of fever, cough, and any other respiratory symptoms.
- If your symptoms get worse, see a doctor via telemedicine or in-person.
  - Call your doctor before going in to see them.
  - Tell them you have been tested for COVID-19.
- Even if you don’t have symptoms, you might make others sick.

Test results take 3–7 business days.

Negative Results: You will be emailed a secure link to view the results.

Positive Results: Public Health will call with your results and next steps.

Are you still looking for results 5 days or more after testing? Do you need a copy? Call the Wisconsin COVID-19 Results Line at 1-866-419-6988.

See a doctor right away if you have emergency warning signs:
- Struggling to breathe
- Bluish lips or face
- Constant chest pain
- Chest pressure
- Dizzy or lightheaded
- Acting confused
- Difficult to wake up
- Slurred speech
- Seizures

Call a doctor if you have other severe symptoms. Call 911 for medical emergencies.
What if your COVID-19 test comes back POSITIVE?

Follow these steps to start home isolation:

- **Do not have contact with others.** Everyone who lives in your household should stay home. Separate in your home if possible.
- **Do not go to work.** Let your employer know you tested positive for COVID-19.
- **Do not go to a hospital unless you have a medical emergency.** Most people who have COVID-19 have minor symptoms like fever and cough, are able to get better on their own at home.
- **Watch for symptoms.** See a doctor right away if you have any emergency warning signs (see front page).
- **Get rest and drink plenty of fluids.**
- **Over-the-counter medications that lessen symptoms of fever and cough may help.** There is no vaccine or medication to treat or prevent COVID-19.
- **Even if you don’t have symptoms, you might make others sick.**

When is my home isolation over?

- You have been **fever-free for at least 24 hours** without using medicine that reduces fevers
- Your other **symptoms have improved**
- At least **10 days** have passed since you first had symptoms

Your local public health department will work with you regarding your isolation dates. You may need to speak with your employer before returning to work.

What if your COVID-19 test comes back NEGATIVE?

- You did not have COVID-19 at the time you were tested.
  - If you had close contact with someone with COVID-19 you need to finish your 14 day quarantine.
  - You could have been exposed to COVID-19 at some point and not enough time has passed for the test to pick it up. You may test positive at a later date.
  - You need to continue to practice protective measures (see front page) to help keep yourself and others from getting sick.
- Follow instructions from your doctor and your state and local health departments.

Wisconsin COVID-19 Results Line
1-866-419-6988