

YOU'VE BEEN TESTED FOR COVID-19... NOW WHAT?



If you **test positive**, you will receive a call in 72 hours from StemExpress. They also will send you an e-mail with your results, whether positive or negative. LIS@stemexpress.com



If you **have symptoms** of coronavirus (fever, cough, difficulty breathing, headache, body aches, sore throat, nasal congestion or runny nose, loss of taste or smell, nausea, vomiting or diarrhea):

- STAY HOME and away from other people in your household until you receive your test result.
- WEAR a face covering at home if you can't stay six feet away from people you live with.
- DO NOT go to work, run errands or visit in-person with others.



If you **don't have symptoms but you know you have been exposed** to someone with coronavirus:

- STAY HOME and away from other people in your household until you receive your test result.
- WEAR a face covering at home if you can't stay six feet away from people you live with.
- DO NOT go to work, run errands or visit in-person with others.



If you **were within six feet of an infected person** for 15 minutes or more or came into contact with their secretions (coughed on, kissed, shared food or drink, or similar):

- STAY HOME under quarantine for 14 days after your exposure, even if your test result is negative. This is because the virus can take up to 14 days to make someone sick after they are exposed.



If your **test result comes back negative** but you developed symptoms since you got tested:

- GET TESTED AGAIN. A negative test only means that you were not infected at the time you were tested; it does not mean that you aren't infected now.



If you **don't have symptoms and don't have any known exposures** to someone with coronavirus:

- You do not need to stay home while waiting for your test result.
- Take your temperature and monitor yourself for symptoms every day.
- If you develop any symptoms, STAY HOME.
- If your test result comes back negative but you developed symptoms after you got tested, you need to get tested again. A negative test only means that you were not infected at the time you were tested; it does not mean that you aren't infected now.



If you **test positive** and you live in Sacramento County:

- Someone from the Sacramento County COVID-19 community team will contact you by phone. It may take a couple of days after you get your positive result for the community team to call you due to delayed reporting by labs and the large volume of positive tests.

Sacramento County COVID-19

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KEEP OUR COMMUNITY HEALTHY**
SacCOVID19Collab.org



THE CENTER
at Sierra Health Foundation

SACRAMENTO
COUNTY