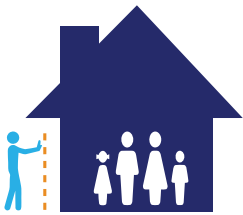


# Post-Test Instructions

It will take between 2 - 5 business days for you to receive your test results.

While you are waiting there are things you should.

## DO stay home



You should **QUARANTINE** at home while you are waiting to get your test results.

Staying home and reducing contact with others as much as possible helps **stop the spread of COVID-19.**

## DO Monitor your symptoms

Symptoms can show up 2- 14 days you after were incontact with someone who had COVID-19.

Symptoms include:



Fever



Chills



Tiredness



Dry Cough



Shortness of breath



Sore Throat



Muscle Pain



New Loss of Taste or Smell

Remember that many people with COVID-19 will have **NO** symptoms but can still spread the disease to others. Even if you feel fine, stay home until you get your test results.

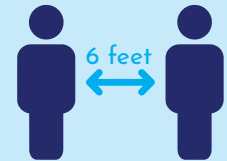
## PREVENT COVID-19 BY



Washing your hands often.



Wearing a mask that covers your nose **AND** mouth



Staying 6 feet away from anyone you do not live with

## DO Check your phone



Marin Public Health will text or call you with your results. Be sure to answer the phone, even if you do not recognize the number.

There are resources available if you have COVID-19 and need support. When Marin Public Health calls, they can help connect you to important support services.

## DO Make a list of people you have been around



In order to stop the spread of COVID-19 it is important to test people who have been in close contact with someone who has COVID-19.

While you are waiting for your test results, make a list of everyone you have been in close contact. If you test positive you should share the list with Marin Public Health when they call. Close contact is being closer than 6 feet to someone for more than 15 minutes.

## DO Get emergency help it...

If you have any of the below symptoms, call 911 or go directly to the emergency room. Tell them you might have COVID-19.



Trouble breathing



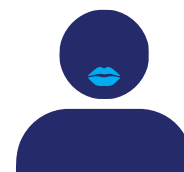
Chest pain or pressure



New confusion



Inability to wake or stay awake



Blue lips or face