

WHAT DO MY RESULTS MEAN?

NEGATIVE TEST (NOT DETECTED)

The result of your COVID-19 PCR nasopharyngeal test is **Negative**. A negative result means that the virus that causes COVID-19 was not found in your sample. In the early stages of infection, it is possible the virus will not be detected. Please continue to practice social distancing and maintain at least six feet of distance between yourself and other people.

Please continue to wash your hands for at least 20 seconds with soap and water on a frequent basis and please refrain from touching your face. The spread of COVID-19 continues in our area, so please continue to protect yourself and your loved ones by only leaving the house for essential activities. These activities include obtaining food, medicine, medical care, or going to work if it has been deemed acceptable by the state of California.

POSITIVE TEST (DETECTED)

The result of your COVID-19 PCR nasopharyngeal test is **Positive**. A positive result means that the virus that causes COVID-19 was found in your sample. Many people with COVID-19 may have no symptoms but are at risk of infecting others. Some people with COVID-19 will have symptoms similar to the cold or the flu such as fever, new or worsening cough, and shortness of breath. Per CDC guidelines persons diagnosed with mild COVID-19 symptoms are able to recover at home. Please self-isolate in your own residence.

Home isolation may be discontinued when you have been free of fever for 24 hours (without medication) AND your other symptoms including cough and shortness of breath have improved, AND at least 10 days have passed since you first developed symptoms.

Home isolation may be extended to 20 days if you have certain medical conditions. Please contact your Primary Care Practitioner for advice on if you should self-isolate for the longer time period, and if you need a back-to-work order. In the meantime, maintain at least a six-foot distance from others in your household; wash your hands frequently; wear a facemask; cover your coughs and sneezes with a tissue and then dispose of that tissue; sanitize surfaces that you regularly come into contact with on a daily basis; and do not leave the house except to seek medical care. If you absolutely must leave your residence, you must wear a facemask. Continue to monitor your symptoms and take your temperature at least once a day. It is also vital that you contact everyone you have come in contact with and urge them to follow CDC recommendations for self-isolation.

