

# COVID-19 Testing: next steps and results



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



### 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, even if you are feeling well.
- Do not touch your eyes, nose and mouth if you haven't washed your hands.
- Clean all "high-touch" surfaces every day. These surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- 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.



### Take the following steps:

#### If you are sick:

- Follow the **Home isolation instructions** on page 3 while waiting for your results.
- If you are a health care worker or first responder, let your work place know you are being tested.

#### If you are NOT sick:

- Follow best practices listed above to **protect yourself and others**.
- If you are a health care facility worker or first responder, ask your supervisor about any work and patient care restrictions until you know your test results.



**We will call you  
with your test  
results in 3–5 days.**

**We will try calling twice. If  
you do not answer the  
second call, please call your  
local health department.**

**Please see next page for  
more information!**



## 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.



## See a doctor right away if you have emergency warning signs\*.

Emergency warning signs include:

- |   |   |
|---|---|
| ■ Struggling to breathe                     | ■ Acting confused                         |
| ■ Bluish lips or face                       | ■ Difficult to wake up                    |
| ■ Constant chest pain or pressure           | ■ Slurred speech (new or getting worse)   |
| ■ Feeling dizzy or lightheaded all the time | ■ New seizure or seizures that won't stop |

\*This list does not include all emergency warning signs. Call a doctor if you have other severe symptoms. Call 911 for any medical emergencies.

## COVID-19: test results

**IMPORTANT:** Regardless of whether your test is positive or negative, as long as COVID-19 is spreading in your community, you need to continue to **protect yourself and others** (see page 1).

Please see next page for  
test results information!

# 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.
- **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 page 2).
- **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 1 day** without using medicine that reduces fevers

AND



Your other **symptoms** have improved

AND



**At least 10 days** have passed since you first had symptoms

\*You may need to speak with your employer before returning to work.

# What if your COVID-19 test comes back **NEGATIVE**?

- You most likely do not have COVID-19 at this time.
  - 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 page 1) to help keep yourself and others from getting sick.
- Follow instructions from your doctor and your state and local health departments.



## Individual Informational Handout

You are receiving this informational sheet because you have requested COVID-19 testing at a Wisconsin National Guard community-based collection site (WING Testing Site). The purpose of this handout is to confirm your understanding of testing eligibility, your informed consent to the testing process and the follow-up to that process, and your understanding of how your test result will (and will not) be used and disclosed.

### **Eligibility:**

1. Individuals who have symptoms suggestive of COVID-19, including any one of the following:
  - a. Fever, defined as a measured temperature greater than 100.4°F
  - b. Subjective fever, for example if a person feels unusually warm to the touch, or reports sensations similar to previous experiences of fever
  - c. Cough
  - d. Shortness of breath or difficulty breathing
  - e. Fatigue
  - f. Sore throat
  - g. Headache
  - h. Chills or rigors (repetitive shaking chills)
  - i. Myalgia (muscle aches)
  - j. New loss of taste or smell
  - k. Congestion or runny nose
  - l. Nausea or vomiting
  - m. Diarrhea

**-OR-**

2. Individuals ages 5 and older without symptoms who have been referred to a testing site by a clinician or representative of a state or local public health agency, as part of a public health investigation or effort contain known community spread.

**Informed Consent To The Testing Process:** When you arrive to the WING Testing Site, a member of the National Guard will determine whether or not you are eligible by asking you questions. Assuming you are eligible, the member of the National Guard will then read you some statements (verbally) from an informed consent form and ask you to indicate agreement with each of them. If you have received this informational sheet, that means you have provided informed consent to the testing, which means that you agree with all of the following:

- You are eligible based on the criteria above and that you are requesting to (or you are requesting that your minor child) have COVID-19 testing completed;
- You understand that your test result and protected health information, while not disclosed publicly, will be provided to and used by the Wisconsin Department of Health Services and local public health as needed to better understand and manage the COVID-19 outbreak. Your test result may also be conveyed to your treating provider or the ordering physician, as well as the Wisconsin National Guard to make result notifications.
- You understand that we will use the phone number and email that you provide to contact you with information on how to access your test results online.
- You understand that a maximum of two attempts will be made to contact you by telephone with the test results within 3-7 days and that thereafter it is your responsibility to call your local health department for results. Alternatively, you may access your results online.

**Confidentiality of Information:** Your test result is confidential protected health information under federal and state law, including but not limited to the privacy rules implemented pursuant to the Health Insurance Portability and Accountability Act of 1996 (HIPAA), and Wis. Stat. s. 146.82. Both federal and state law allow the use or disclosure of your test result for public health purposes. However, your test result will be safeguarded and kept confidential to the extent possible, although will be used by the Wisconsin Department of Health Services and local public health as necessary to better track and understand the COVID-19 pandemic.