

### **Individuals Who Have Tested Negative:**

If you have recently taken a SARS-CoV-2 (COVID-19) test and your result was Negative, it is important to know that SARS-CoV-2 spreads easily from person to person, and you should continue to follow recommendations from the Center for Disease Control and Prevention (CDC) to:

- Wash your hands frequently;
- Avoid close contact by staying at least 6 feet (about 2 arms' length) from other people;
- Cover your mouth and nose with a mask when around others;
- Cover your mouth and nose when you cough or sneeze;
- Clean AND disinfect frequently touched surfaces daily; and
- Be alert for COVID-19 symptoms.

More information can be obtained from the CDC at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

### **Individuals Who Have Tested Positive:**

If you have recently taken a SARS-CoV-2 (COVID-19) test and your result was Positive, it is very important that you take all necessary precautions and monitor symptoms as they present. The Center for Disease Control and Prevention (CDC) has developed guidelines to prevent the spread of COVID-19 if you are sick. Please review the attached link from the CDC webpage and contact your medical provider if you have any medical related questions.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>. Also attached is a PDF from the CDC titled "10 things you can do to manage your COVID-19 symptoms at home" that you can reference as needed. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

If you are showing any of the below signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list does not include all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. **Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.