

Thank you for taking the first step in keeping yourself, your loved ones and Ohio safe. Below are some next steps you can expect after getting tested.



1 I've taken the test for COVID-19. What's next?



Tests results are **typically returned within 48 hours**, but may take longer.

2 What should I do while I wait for my results?



If you have had **suspected or known exposure or ongoing symptoms**, stay home, monitor your health, and talk to your doctor or other healthcare provider.



If you **do not have signs or symptoms, but have known or suspected exposure to COVID-19**, stay home since symptoms may appear 2 to 14 days after exposure to an infected person.



If you **do not have signs or symptoms and have no known or suspected exposure to COVID-19**, staying home is not required, but continue following public health measures.



Begin to build a list of the people you have recently been around.



Respond to the health department's outreach.

Go to coronavirus.ohio.gov for more information.



You can also call the Ohio Department of Health with any questions you have about COVID-19.

1-833-4-ASK-ODH (1-833-427-5634)

Note: The call center is staffed from 9 a.m. to 8 p.m. each day.

Source: "Waiting for and Receiving COVID-19 Test Results," Ohio Department of Health, updated August 19, 2020.

When to stay home

Who needs to stay home and away from others?

1. People who have **signs or symptoms** of COVID-19
2. People who have been in **close contact** with someone who has an active COVID-19 case
3. People who have **no symptoms** but have **tested positive** for infection with COVID-19

Symptoms may appear **2-14 days** after last exposure to an infected person.



If you have been tested and are awaiting test results, continue to follow public health guidance until test results are received.

Tests results are typically returned within 48 hours, but may take longer.

What counts as close contact?



Standing within 6 feet for 15 minutes



Direct physical contact



Shared utensils



A nearby sneeze or cough



Home care for someone who is sick with COVID-19

How do I safely stay at home and away from others?

People who are isolated or quarantined should take the following actions to keep themselves and others safe:



Keep your physical distance from others – stay in your bedroom, use separate bathrooms.



Do not leave your home (unless necessary for medical care).



Do not allow visitors to your home.



Wipe down high-touch areas every day with a disinfectant.

Go to coronavirus.ohio.gov for more information.

I've gotten my test results. Now what?

I've tested positive for COVID-19: What do I do?

If you have or develop signs or symptoms, stay at home and away from others (isolate yourself) for at least 10 days **AND** until all three of these things are true:



Symptoms are better.



It has been 10 days since you first felt sick.



No fever for at least 24 hours without medicine.

Contact your healthcare provider or seek care if needed.

If you do not have symptoms, stay home for 10 days from the date of your test.

I've tested negative for COVID-19: What do I do?



If you have or develop **signs or symptoms**, stay home and away from others and continue to monitor symptoms. Talk to your doctor or other healthcare provider about staying home and if you need to get tested again.



If you **do not have signs or symptoms but have known or suspected exposure**, you should stay home until 14 days after your last exposure. Symptoms may appear 2 to 14 days after exposure to an infected person.



If you **do not have signs or symptoms and no known or suspected exposure**, staying home is not required, but continue to follow public health measures.

Go to coronavirus.ohio.gov for more information.

Answer the call. Protect your loved ones and fellow Ohioans.

What is contact tracing?

Contact tracing involves identifying people who may have COVID-19 due to contact with those who have tested positive for COVID-19.

Contact tracing slows the spread of COVID-19 by:



Notifying people they may have been exposed to COVID-19 and should monitor their health for signs and symptoms.



Helping people who may have been exposed to COVID-19 get tested.



Asking people to self-isolate or self-quarantine if appropriate.



Helping people identify the resources they need to safely stay at home.

Why does contact tracing matter?

Contact tracing is an important part of Ohio's COVID-19 response strategy to limit transmission.



The goal of contact tracing is to help prevent further spread of COVID-19, identify hotspots of infection, and protect friends, families and communities from infection.

We will not disclose your identity to your contacts; however, if you test positive, we encourage you to notify people you have been around if you feel comfortable doing so, so that they respond to the outreach and begin to stay home, too.



What can I expect?

If you test positive for COVID-19, someone from the health department may reach out to:



Check-in on your health.



Ask where you have recently spent time with others.



Help connect you with resources needed to safely stay at home (e.g., food or medical assistance).



Discuss who you have interacted with.

During contact tracing, health department staff will not ask you for sensitive information, such as:



Money



Social Security



Salary



Bank account information



Credit card numbers

Go to coronavirus.ohio.gov for more information.

How can I prepare for contact tracing?



Complete the following sections now to be ready for the reach out if it is needed. This will help you think about places you have been and people you have recently been around.



If you test positive for COVID-19, someone from the health department may reach out to

check-in on your health, help you identify resources needed to safely isolate/quarantine, ask where you have spent time with others and discuss who you have interacted with. Complete this form now to be ready for the call.

Things to think about. Have you been:



To work or school?



Together with others (at a restaurant or bar, gym, party, over to your house)?



To a store in person (grocery store, mall)?



To in-person appointments (salon, doctor's office)?



In a vehicle with others (Uber or Lyft, public transportation)?



Inside a place of worship?

Step 1

Make a list of the people in your household.

Include people who live in your home, and people who may have visited like friends, a babysitter or anyone else providing in-home services.

If you have more people to list than the space provided, write on another piece of paper.

Person's name	Date last in home	Phone
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

Step 2

Make a list of what you did each day using as much detail as possible.

Include things like hanging out with neighbors, going to work, running errands, appointments, social or recreational activities outside the home, and if you used public transportation to get there. Use another piece of paper if needed.

To calculate your start date for potential exposure:

Write down the date you first felt sick if you have had symptoms OR your test date if you have had no symptoms: ____/____/____

Now write down the date 2 days before that day: ____/____/____ **This is your start date.**

	Activity	Location	Name	Phone
____/____/____ Start date	_____	_____	_____	_____
____/____/____ Day 2	_____	_____	_____	_____
____/____/____ Day 3	_____	_____	_____	_____
____/____/____ Day 4	_____	_____	_____	_____
____/____/____ Day 5	_____	_____	_____	_____
____/____/____ Day 6	_____	_____	_____	_____

Go to coronavirus.ohio.gov for more information.

You can locate the contact information for your Local Health District by visiting <https://odh.ohio.gov/wps/portal/gov/odh/find-local-health-districts> or contact the Ohio Department of Health with any questions you have about COVID-19 at 1-833-4-ASK-ODH (1-833-427-5634).

Note: The call center is staffed from 9 a.m. to 8 p.m. each day.
Source: "COVID-19 Contact Tracing. Protecting Against COVID-19," Ohio Department of Health.