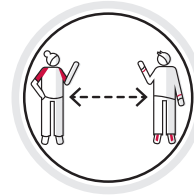
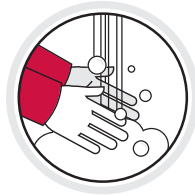


COVID-19 TESTING

NEXT STEPS AND RESULTS

What to do while you wait for your test results



Protect yourself and others

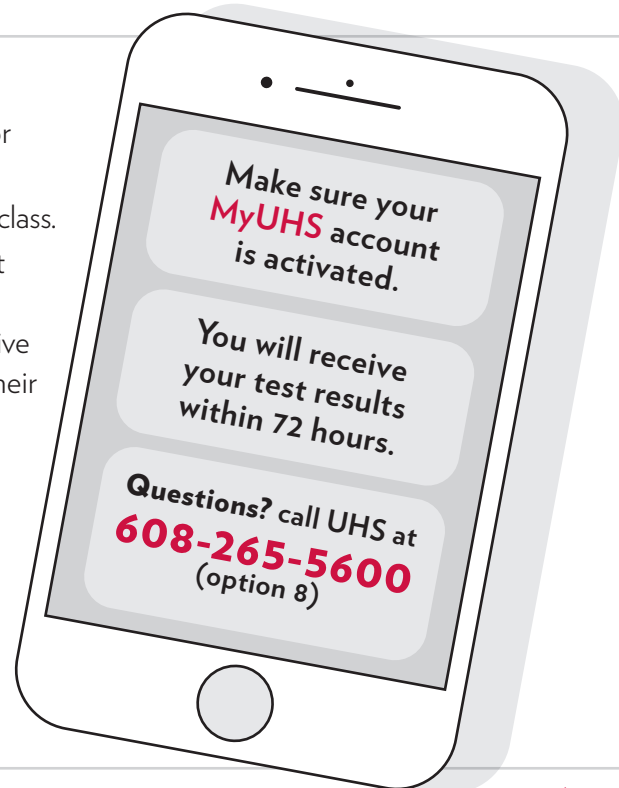
- Wear a cloth face covering when you are around other people.
- Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer with 60% alcohol if you don't have soap and water.
- Do not spend time with people who are sick.
- Stay at least six feet from others, even if you don't feel sick.
- Do not touch your eyes, nose, and mouth with unwashed hands.
- Clean high-touch surfaces daily, including 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.

If you are sick

- Follow isolation instructions on page 2 while waiting for your test results.
- **Students:** Inform your instructors that you will not be in class.
- **Employees:** Inform your supervisor if you cannot report to work. If you need to share specific medical or health information, contact your Division Disability Representative (DDR). Some employees may be required to notify their supervisor or DDR if they are sick with COVID-19 or COVID-19 symptoms.

If you are NOT sick

- Follow best practices listed above to protect yourself and others.
- Contact your supervisor or DDR to inquire about restrictions that may be in place before you receive your results.



COVID-19 TEST RESULTS

Whether your test is positive or negative, as long as COVID-19 is spreading in our community, continue to protect yourself and others (see tips on page 1).

► IF YOUR COVID-19 TEST IS POSITIVE

Follow these steps to start isolation

- **Do not have contact with others.** Everyone who lives in your residence should stay home.
- **Do not go to work.** Contact your DDR to report that you tested positive for COVID-19. Your DDR can assist with leave options and accommodations if needed.
- **Do not go to a hospital** unless you have a medical emergency. Most people who have COVID-19 have minor symptoms, such as fever and cough, and will get better on their own at home.
- **Watch for symptoms.** Seek immediate medical care if you have any emergency warning signs (see side bar).
- **Get rest and drink plenty of fluids.**
- **Over-the-counter medication** that lessens a fever or cough may help. There is no vaccine or medication to treat or prevent COVID-19.

When is my isolation over?

- You have been **fever-free for at least 24 hours** without using medicine that reduces fevers **AND**
- Your other **symptoms have improved AND**
- **At least 10 days** have passed since you first had symptoms
- If you are asymptomatic, isolate for 10 days after your positive result

STUDENTS

Contact your instructor or UHS before returning to any in-person classes

EMPLOYEES

Contact your supervisor before returning to on-site work

► IF YOUR COVID-19 TEST IS 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 virus to be detected. 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 healthy.
- Continue to follow instructions from UHS and Public Health Madison & Dane County.

WATCH FOR SYMPTOMS

- Keep track of when you have new symptoms. Use the UW-Madison COVID-19 daily symptom tracker. healthscreen.wisc.edu
- Check your temperature two times a day.
- Keep a daily record of fever, cough, and any other respiratory symptoms.
- Contact a health care provider if your symptoms get worse.
 - Call before going to see your provider.
 - Tell them you have been tested for COVID-19.

Even if you don't have symptoms, you might make others sick.

Seek immediate medical care if you have emergency warning signs

- Difficulty breathing
- Bluish lips or face
- Constant chest pain or pressure
- Feeling dizzy or lightheaded
- Confusion
- Difficulty waking up
- Slurred speech (new or getting worse)
- New seizures or seizures that won't stop