Most test results will be available the same day as your visit to **COVID Express**. Register with MyChart (**epicmychart.nychhc.org/MyChart**) to receive your test results through the patient portal in real time. If you cannot access the patient portal, a clinic staff member will call with your results or you can return to the clinic two to three business days after your test to pick up printed results.

WHAT TO DO WHILE YOU WAIT FOR YOUR TEST RESULTS

While you wait for your results (and even after you get them) you should continue to:

- **STAY HOME IF YOU ARE SICK:** If you have symptoms, stay home as much as possible and avoid contact with others, particularly people who may be at greater risk of severe COVID-19 illness (including people 65 and older and anyone with certain underlying health conditions).

- **KEEP PHYSICAL DISTANCE:** Stay at least 6 feet away from people who are not members of your household.

- **WEAR A FACE COVERING:** Protect those around you. Wearing a face covering helps reduce the spread of COVID-19 — this is especially important if you are infected and do not have symptoms.

- **PRACTICE HEALTHY HAND HYGIENE:** Wash your hands often with soap and water or use an alcohol-based hand sanitizer if soap and water are not available; clean frequently touched surfaces regularly; do not touch your face with unwashed hands; and, cover your cough or sneeze with a tissue or your sleeve, not your hands.

PREPARE FOR YOUR CALL FROM A CONTACT TRACER BY WRITING DOWN INFORMATION ABOUT YOUR CONTACTS:

Person's name	Home address	Phone number	Date of most recent contact

The NYC Health Department may change recommendations as the situation evolves.

NYC Health

I HAVE BEEN TESTED FOR COVID-19.
Now what?

NYC Health

IF YOUR TEST RESULT IS NEGATIVE

If you **do not** have any symptoms of COVID-19, you do not need to separate from others in your household and can go to work unless you are a close contact of someone with COVID-19. However, it is important to continue to practice routine precautions like washing your hands often with soap and water, wearing a face covering when outside your home, and staying at least 6 feet away from others as much as possible. If you are a close contact of someone with COVID-19, you should stay home for 14 days after your last exposure and monitor yourself for any symptoms.

If you **do** have symptoms of COVID-19, even if your test result is negative, stay home for at least **24 hours** after your fever is gone without fever-reducing medications and your symptoms have started to improve. If your symptoms get worse or do not improve, call your health care provider to discuss what else might be making you feel sick or whether you should get another COVID-19 test. If you need a health care provider, call 844-NYC-4NYC (844-692-4692) or **311**. Health care is available regardless of immigration status or ability to pay.

IF YOUR TEST RESULT IS POSITIVE, IMMEDIATELY SEPARATE YOURSELF FROM OTHERS

Separate yourself from others to prevent them from getting sick. To **separate safely**, stay in your own room without anyone else and use a separate bathroom if possible. Wear a face covering if you must be around others, and stay at least 6 feet apart from others. If you cannot safely isolate at home, call 844-NYC-4NYC (844-692-4692) to arrange for a free hotel room.

You should stay isolated until all of the following are true:

1. It has been **at least 10** days since:
   a. You started feeling sick **or**
   b. The date you were tested (if you have not felt sick)

2. You have not had a fever for at least **24 hours without** taking fever and pain-reducing medicines (such as Advil, Motrin, Tylenol or aspirin)

3. Your overall illness has improved.

If you develop trouble breathing, persistent pain or pressure in your chest, confusion, inability to stay awaken, bluish lips or face, or any other emergency condition, call 911.

SPEAK WITH YOUR HEALTH CARE PROVIDER

Call your health care provider to let them know your COVID-19 test result was positive. If you are an older adult or have an underlying health condition, your provider may have more instructions for you to keep you safe and continue your care.

If you need a health care provider, call 844-NYC-4NYC (844-692-4692) or **311**. Health care is available regardless of immigration status or ability to pay.

GETTING READY FOR NYC TEST & TRACE

If your COVID-19 test result was positive, a trained NYC Test & Trace Contact Tracer will call to help you stay safe. Depending on your phone carrier, the caller identification may refer to "COVID," "NYC Test + Trace," or may begin with "212-540-" or "212-240-."

The Contact Tracer will:

- Help you to separate safely so you do not spread COVID-19 to others.

- Help you with any support you may need, including medical care, food, or a free place to stay.

- Ask for names and contact information of other people you were recently in close contact with and may have exposed to COVID-19.

- Call your close contacts to inform them that they may have been exposed to COVID-19 and should be tested. Your name will never be given, and confidentiality will be maintained.

Please answer the Contact Tracer's questions honestly — they are there to help you and keep other people safe. A Contact Tracer may also visit you at home if they can't reach you by phone. They will have identification to prove they are a Contact Tracer. Visit **TestandTrace.NYC** for more information.
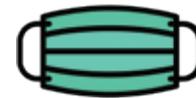
HOW TO PREPARE FOR THE CALL

STEP 1. Figure out when you may have exposed others to COVID-19

Write down these dates so the Contact Tracer can help reach other people who may have been exposed.

(a) Try to remember the date you first felt sick.

Date you **first felt sick.**

or

Date you went to COVID Express for testing, if you have not felt sick.

_____/_____/_____

(b) Now, write the date **two days prior to that date**.

_____/_____/_____

(c) Then, write the date you began to **isolate from others**.

_____/_____/_____

The dates between and including (b) and (c) are when others may have been exposed to COVID-19.

STEP 2. List the people with whom you have had close contact

List everyone you spent time with between and including the dates listed in (b) and (c).

This includes:

- People you live with

- People you have been physically or sexually intimate with

- People who provided services in your home if they were within 6 feet of you for at least 10 minutes

- People you work with if they were within 6 feet of you for at least 10 minutes

- Other people you were within 6 feet for at least 10 minutes

If your test result is positive, you can immediately tell the people on this list that they should get a COVID-19 test and begin to isolate from others, if you are comfortable doing so. A Contact Tracer will reach out to each person to help them get tested and get the care they need. The Contact Tracer will never mention your name or ask about immigration status. All information obtained by the Contact Tracer will be stored securely and remain confidential.