

# What to Know About Your Test

## TEST RESULTS:

Your results may take up to 10 days but you will be notified by your provider when available. Please self-isolate until you have received your results.

Approximately 80% of Iowans infected with COVID-19, will experience only a mild to moderate illness.

### Stay home and isolate from others in the house until:

You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

**AND**

other symptoms have improved (for example, when your cough or shortness of breath have improved)

**AND**

at least 10 days have passed since your symptoms first appeared.

**If you think you may need health care, call 211 first.**

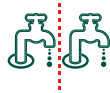
# How to Self-Isolate

Advice for patients with and without symptoms of infection, who are isolating themselves due to potential exposure to novel coronavirus (COVID-19). These actions will help to protect others inside and outside of your home from infection.

## ISOLATE Yourself



**Stay in your home**, do not go to work, school or other public areas



Use **separate facilities**. If sharing, these should be cleaned before use by others



Have food, medication and other supplies **delivered to you**



**Separate yourself** from others in your home



**Do not have visitors** in your home or accommodation

## PREVENT the Spread of Infection



**Cover** coughs and sneezes with a tissue



Place tissue in the **trash**



Wash your hands with **soap and water**



Get plenty of rest until you feel better



Drink enough fluids so that you pass urine regularly



Take acetaminophen as advised, to reduce pain and fever



Use **separate household items** like towels, bedding, toothbrushes, cups and dishes

### Wash hands with soap and water:



Before cooking and eating



After using the toilet

## TAKE CARE of Your Health and Well-being



Keep in contact with friends and family by phone, video and online



Carry on hobbies and interests within your home if you are able to



Take regular exercise within your home if able

### For everyone in self-isolation:

**Seek help if you develop symptoms or existing symptoms get worse (e.g. difficulty breathing) by calling**

Your health care provider will advise you on whether to remain in self-isolation following a negative test result

**In an emergency, call 911 and inform the operator about your potential exposure to COVID-19**