

What to Do While You Wait for a COVID-19 Test Result



After you get tested



- Stay home and away from others if:
 - You have symptoms.
 - Someone in your home has COVID-19
 - You've been close to someone with COVID-19.
- If you don't have symptoms and have not been close to someone with COVID-19, you don't need to stay home while you wait for your test results. Wear a mask and stay 6 feet from people who don't live with you. If you start to feel any symptoms, stay home and away from others.
- Start making a plan for what you will do if you have a positive test because you will need to stay home for at least 10 days.
- Make a list of people you have been in close contact with recently. Tell them you may have COVID-19 and they should stay away from others until they hear from you.
- If you were tested because you were in contact with someone who has COVID-19 and you do not have symptoms, you will need to stay home for 14 days even if your test is negative because you could still become sick.
- If you were tested for an upcoming medical procedure and you do not have symptoms, you do not have to stay home while waiting for your test results.
- It may take several days to get your test results back. You will receive test results by email, text and/or telephone call.
- Monitor your symptoms. If they get worse, contact your health care provider. Tell them you were tested for COVID-19.



If your test is positive



- This means you currently have COVID-19.
- **Stay home.** A public health worker will call you. It is important that you answer their phone call. They will ask you questions about possible exposures to COVID-19, such as people you have been in direct contact with and places you have visited.
- They will also give you more information about what you should do and how long you should stay home.



If your test is negative



- This means you **do not** currently have COVID-19. However, you could still be exposed or become sick at any time. You should continue to take steps to protect yourself and others from COVID-19.
- If you develop symptoms of COVID-19, talk to your doctor or other health care provider about getting tested again.

More information

[Minnesota Department of Health's COVID-19 website](https://www.health.state.mn.us/diseases/coronavirus/)
<https://www.health.state.mn.us/diseases/coronavirus/>

Minnesota Helpline 651-297-1304 or 1-800-657-3504
 (Monday through Friday: 9 a.m. to 4 p.m.).



Minnesota Department of Health | [health.mn.gov](https://www.health.mn.gov)
 651-201-5000

Contact health.communications@state.mn.us
 to request an alternate format.

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