



## RECOMMENDED GUIDELINES

### For Individuals Undergoing Testing, including Health Care Workers and First Responders

**You will receive a call from 1-888-297-7208 within 4-7 calendar days.**

**It is important we are able to reach you to discuss test results. Make sure the phone number to reach you is correct on the intake form. Results will not be left by voicemail. You must speak to an agent.**

**Do not call unless you have received notification your test results are ready.**

### What should you do about work while you wait for test results?

- Inform your work supervisor you have been tested for COVID-19 and note the date of testing.
- Self-isolate at home.
- If you are a health care facility worker or first responder, request guidance from your supervisor on any potential work and patient care restrictions until you know your test results.
- If you are ill, stay in touch with your doctor. Your symptoms may be due to another condition that requires prompt evaluation and treatment.

### What should you do to protect yourself and others while you wait for test results?

#### If you are ill:

- Stay in touch with your doctor. Keep in mind your symptoms may be due to another condition that requires prompt evaluation and treatment.
- Stay at home except for medical appointments. Call ahead before visiting your doctor.
- As much as possible, stay in a specific room and away from other people and pets.
- If you must be around other people or animals, wear a face cloth over your nose and mouth.

#### Whether or not you are ill:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick. Put distance between yourself and others when possible.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.
- Cover coughs and sneezes.
- Wear a face cloth over your nose and mouth in public settings where other social distancing measures are difficult to maintain.

### Monitor any symptoms

- Note the day any new symptoms begin.
- Check your temperature two times a day.
- Keep a daily record of fever, cough and additional respiratory symptoms.
- Seek further evaluation from a health care provider via telemedicine or an in-person if your symptoms get worse.  
**Call ahead before visiting your doctor** and tell them you have been tested for COVID-19.

### Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19 or other medical emergencies:

- Extremely difficult breathing
- Bluish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficult to wake up
- Slurred speech (new or worsening)
- New seizure or seizures that won't stop

This list is not all-inclusive. Consult your medical provider for any other symptoms that are severe or concerning.

**For medical emergencies, call 911 and notify the dispatch personnel that you may have COVID-19.**

**For more information, visit: [coronavirus.illinois.gov](https://www.coronavirus.illinois.gov)**

*Information about IDPH's privacy practices related to personal health information is available at:  
[www.dph.illinois.gov/covid19/community-guidance/covid-testing-privacy-disclosure](https://www.dph.illinois.gov/covid19/community-guidance/covid-testing-privacy-disclosure).*



## TEST RESULTS

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Do not call unless you have received notification your test results are ready.

### If you test **positive** for COVID-19, keep your entire household home.

- Most cases can be cared for at home.
  - Do not go to the hospital to seek care unless you have a medical emergency.
  - Stay in touch with your doctor
- Do not go to work. Notify your employer of your positive test result. Isolate at home.
- Monitor your symptoms as described on the preceding page.
- Seek medical attention if you develop ANY of the following:
  - ❖ Extreme difficulty breathing
  - ❖ Difficult to wake up
  - ❖ Bluish lips or face
  - ❖ Slurred speech (new or worsening)
  - ❖ Constant pain or pressure in the chest
  - ❖ New seizures or seizures that won't stop
  - ❖ Severe constant dizziness or lightheadedness

### What should you expect?

- Most people experience minor symptoms such as fever and cough.
- Over-the-counter medications that lesson symptoms of fever and cough may help. It is important to get rest and drink plenty of fluids.
- There is currently no vaccine or medication to treat or prevent COVID-19.

### When does home isolation end?

- If you test positive for COVID-19, stay home and limit contact with others until:
  - You have been fever-free for at least 3 days without using medicine that reduces fevers *AND*
  - Your respiratory symptoms (e.g., cough, shortness of breath) have improved *AND*
  - At least 7 days have passed since your symptoms first appeared
- You will need to consult your employer prior to returning to work.

For information on health care workers resuming work, visit <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>. Employers may choose to supersede this guidance.

### If you test **negative** for COVID-19

- You are probably not infected at this time.
  - ❖ However, false negative results do occur. If you are getting sicker, you should contact your physician and retesting should be considered.
  - ❖ Also, it can take up to 14 days after exposure for illness to occur. If you have been exposed, you might test positive at a later date.
- Continue to practice all protective measures.
- As long as the virus that causes COVID-19 is spreading in your community, continue to follow recommendations to protect yourself, including practicing social distancing, washing your hands often, avoiding touching your face and avoiding social gatherings according to local guidance.
- Follow guidance from your health care provider and your state and local health departments.

For more information, visit: [coronavirus.illinois.gov](https://www.coronavirus.illinois.gov)