

COVID-19 Testing Discharge Instructions

You have been tested for COVID-19. You should receive communication regarding your test results by text message or phone within 3-7 days. A negative test does not completely rule out COVID-19 infection and we recommend that you follow the instructions below.

Contact your medical provider or return if you have worsening shortness of breath, severe weakness or inability to take oral fluids. If you need emergency medical attention during this time, call 9-1-1 and let them know you have symptoms concerning for COVID-19.

If you were tested because you have symptoms concerning for COVID-19:

It is recommended that you remain home until improvement in symptoms AND 10 days have passed since your symptoms started AND 24 hours have passed since your last fever without the use of fever-reducers, unless otherwise instructed.

If you were tested because you were exposed to someone with COVID-19:

It is recommended that you remain home for 14 days from your last contact with that person. Check your temperature twice a day and watch for symptoms of COVID-19. If you must go out, wear a mask at all times and wash your hands frequently. If you develop symptoms, follow the guidance above.

If you were tested for procedure or surgery clearance:

It is recommended that you stay home and isolate yourself as much as possible until your procedure or surgery appointment. If you develop any new symptoms before your appointment, you must alert your provider right away.

Minnesota Department of Health recommendations are as follows:

Stay home. If you need medical care, it is important you follow the instructions below. Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis. If you are seeking medical attention, attempt to call ahead to alert the facility prior to your arrival.

Separate yourself from other people in your home. As much as possible, you should stay in a specific room and away from other people in your home. Also, use a separate bathroom, if available. Avoid handling pets or other animals while sick.

Wear a face mask if you need to be around other people and cover your mouth and nose with a tissue or your arm when you cough or sneeze.

Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water. Clean all high-touch surfaces in your home daily.

Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing 60% to 95% alcohol. Avoid touching your face with unwashed hands.



COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

