If you have been tested for COVID-19,
follow the steps below to monitor your health and avoid spreading the disease to others:

Communicate with Public Health

- You will be notified with your results as soon as possible.

Monitor Your Health

Review the common COVID-19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Nausea
- Diarrhea

If you have any symptoms OR had close contact with someone with COVID-19:

- You **must isolate yourself while awaiting results**.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members can consider staying in a separate location to decrease their risk of exposure.
- If possible, get others such as friends or family, to drop off food or other necessities.
- Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.
- If your symptoms get worse and you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you have been tested for COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Everyone is strongly encouraged to stay home and monitor for symptoms while waiting for results:

- If you develop any symptom(s) while waiting for your results, **you must isolate yourself.**
  - If your symptoms are mild, stay home and monitor your health.
  - If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you have been tested for COVID-19.

Practice Healthy Habits

- Wear a cloth face covering.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for ≥ 20 seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.

Learn More Online

- http://tn.gov/health/cedep/ncov or http://www.cdc.gov/coronavirus/2019-ncov

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