



## How will you be tested?

Your provider will take specimens from you, including swabs of your throat, nose, and a sample of your saliva. They will then send it to the lab to check for the presence of corona virus in your specimens. Your results may come back within 24 to 48 hours. Then you will receive a call to get your results. Please listen carefully and follow all instructions while your results are being provided to you.



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## COVID-19 Testing: *What to Expect*



## You should expect the following three situations after your test:

### 1 If you had symptoms of coronavirus but your result was negative:

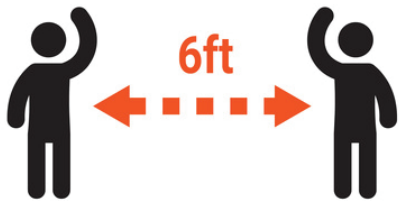
- This means that you were not infected at the time your sample was collected.
- However, it is possible in some people for this test to be negative even though you have the virus.
- This means that you could still possibly have coronavirus even though the test is negative.
- It is recommended you stay at home for a minimum of 10 days from the onset of symptoms, and until you do not have a fever for three days without fever reducing medication, and your respiratory symptoms are improving.
- Call your medical provider if you are feeling worse, such as difficulty breathing. If you feel you need a medical appointment, call first. Do not go to the clinic until after you have talked with your doctor's office on the phone first.



Stay at Home  
Self-isolate



Wear a Mask or  
Face Covering



Practice Social Distancing

### 2 If you were a close contact of someone with coronavirus and your test was negative:

- This means that you were not infected at the time your sample was collected
- You are still at high risk of having the virus and passing it to other people even though your test was negative because you were in close contact with someone who had the virus.
- **You must stay at home and you cannot go to work for a total of 14 days from the last time you were within 6 feet of the person with positive coronavirus.** Please let us know if we can provide you a work note.
- Stay 6 feet away from everyone you live with.
- Wash your hands often with soap and water, if soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Maine CDC will call you to ask you about any symptoms you might develop over the next 14 days. It is very important to answer Maine CDC's phone call.
- It is important that you share information with the CDC about the people you have been in close contact with so they can help keep them healthy and safe as well.
- If you become sick, call your medical provider. Do not go to your provider's office until after you have talked with the office on the phone first.
- Wear a cloth face covering when you are around other people at home and when you go out to visit the doctor's office.

### Maine CDC Coronavirus Information:

[www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml](http://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml)

### 3 You tested positive for coronavirus:

#### A. With mild or no symptoms: (Do as directed in 2)

- Mild symptoms like yours are managed at home.
- You do not need an antibiotic to treat coronavirus.
- It is important to keep your family members safe and healthy while you are sick.
- Avoid contact within 6 feet of everyone you live with, so you do not spread the virus to your family.
- Wear a cloth face covering when you are around other people at home and when you go out to visit the doctor's office.
- Stay in a separate room and use a separate bathroom from your family members if you are able.
- You should stay separated for meals and eat in your room.
- If you share a bathroom with other family members, you need to clean and disinfect the bathroom after every time you use it.
- Wash your hands often with soap and water for at least 20 seconds; if soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean frequently touched surfaces in your home often.
- This includes tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and electronics.
- Do not leave your home unless you need to go to a medical appointment.
- A nurse will call you soon to see how you are doing, and they will continue to call you until you are feeling better.
- The Maine CDC will also call you. It is very important to answer Maine CDC's phone call.
- You must stay at home until you can no longer spread the virus to other people.
- The CDC will help you know when you can no longer spread the virus and can safely leave your home. It will be at least 10 days that you need to stay at home.
- It is important that you share information with the CDC about the people you have been in close contact with so Maine CDC can help keep them healthy and safe as well.
- Call your medical provider if are feeling worse, such as difficulty breathing. If you feel you need a medical appointment, call first. Do not go to the clinic until after you have talked with your doctor's office on the phone first.

#### B. People with severe symptoms are kept and treated in the hospital. The CDC and your PCP can determine when you will be hospitalized.