



RECOMMENDED GUIDELINES

For Individuals Undergoing Testing

You will receive a call from 1-888-297-7208 within 4-7 calendar days. Please answer the call. 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. If you need a written copy of your results, request this when you receive the call and a paper copy will be mailed.

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 away from your household members until your results are back.
- 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.

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

If you are ill:

- Stay in touch with your health care provider. 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 health care provider.
- 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.
- If able to be tolerated (doesn't cause increased breathing difficulty), wear a face mask.

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 health care provider 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 health care 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)



COVID-19 Testing

TEST RESULTS

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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 health care provider.
- 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
 - ❖ Bluish lips or face
 - ❖ Constant pain or pressure in the chest
 - ❖ Severe constant dizziness or lightheadedness
 - ❖ Difficult to wake up
 - ❖ Slurred speech (new or worsening)
 - ❖ New seizures or seizures that won't stop

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 prevent COVID-19.
- Expect and answer a call from your local health department and they will share additional information.

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 24 hours without using medicine that reduces fevers *AND*
 - COVID-19 symptoms have improved *AND*
 - At least 10 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 have no symptoms but test positive, you may end isolation 10 days after the positive specimen was collected, if no symptoms develop. Contact your employer prior to returning to work.

** If you were severely ill or severely immunocompromised, your isolation period may be extended to 20 days.

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

- The test result is valid for the day you are tested.
 - ❖ If you become ill or are getting sicker, contact your health care provider 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, Illinois Department of Public Health, and your local health department.

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