RE: Guidance for patients who have tested for COVID-19 because of symptoms, or because they are a close contact of someone who is COVID-19 positive

Dear Patient,

Your provider is testing you today for COVID-19 because of your symptoms, or because you are a close contact of someone who is COVID-19 positive. You will receive your COVID-19 test result soon. Until your results are in, please follow the guidance below:

WHAT DO I DO NOW?

- **Stay at home** do not go to work or school and maintain social distancing as much as possible until your results are received
- **Wear a mask** always when around others, wash your hands often, and maintain distance from others, even in your own home to prevent the spread of COVID-19
- **Essential Worker** - If you are an essential worker as defined by the State of California, do not have symptoms, and are being tested because you were a close contact of a COVID-19 positive person, you can continue to go to work while awaiting your test result and if your test result is negative, as long as you remain symptom free. If you develop symptoms, follow the guidance in this letter.

WHAT HAPPENS WHEN I GET MY RESULTS?

Positive Result:

- **Isolate yourself away from others** for a minimum of 10 days and follow the Health Officer Order and Isolation Guidance found at [https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-orders](https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-orders)
  - Isolate for a minimum of 10 days from the date of symptom onset or the day you tested if you have not had symptoms and until your symptoms are improving and you are fever free for at least 24 hours without any fever reducing medications
- **Stay home** including don’t go to work or school for the remainder of the isolation period and avoid all physical contact with others, including those you live with
- **Wear a mask** always when around others, wash your hands often, and maintain distance from others, even in your own home to prevent the spread of COVID-19
- **Call your contacts** – Notify those you have been in contact with that you have tested positive for COVID-19 and ask them to self-quarantine for 14 days from last known contact to prevent the further spread of this disease. Inform all those that you had contact with while you were having symptoms and those that you had contact with during the 48 hours prior to your test date if you have not had symptoms and up to the last possible exposure
• **Use a separate bedroom and bathroom** if available to prevent others in your home from getting COVID-19
• **Expect A Call** from a Fresno County representative who will call you to follow-up on how you are doing
• **Answer all questions** regarding your illness and who you may have come in contact with during your illness and incubation period

**Negative Result:**

If you have had

• **Close contact to a person positive with COVID** - Follow the Health Officer Order and Quarantine Guidance found at [https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-orders](https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-orders)
  o Quarantine for 14 days from the last possible date of exposure to the COVID-19 positive person
• **No close contact but still symptomatic** – Continue to isolate until your symptoms are improving and you are fever free for at least 24 hours without any fever reducing medications

**THANK YOU FOR TESTING FOR COVID-19 TODAY.** While you wait to receive your positive or negative result, continue to protect yourself and those around you by:

• Staying at home and off work until you receive your test result
• Wearing a mask at all times when indoors and anytime around others that covers your nose and mouth
• Wash your hands often with soap and water or hand-sanitizer
• Avoid crowds and family gatherings
• Maintain Social Distancing of 6 feet between you and others
• Minimize going out for non-essential activities
• Follow the guidance above for both Positive and Negative results
• Go to the Fresno County Department of Public Health Webpage for the full Isolation and Quarantine orders and further guidance at: [https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-orders](https://www.co.fresno.ca.us/departments/public-health/covid-19/covid-19-orders)