

What to Do While You Await a COVID-19 Test Result

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If you had a known exposure to COVID-19 or are having symptoms:

- **Stay home!** Others who live in your home should stay home too.
- Wear a mask or face cover.
- Only leave your home for food, medications and household needs.
- Wash hands often.
- Clean and disinfect home and personal items often.

Test Results Via Text Message

- You may receive two text messages regarding testing - one from the lab with your results and one from OSDH for case investigation and contact tracing (more information below).

If You Test Positive

- ⊕ **COVID-19 is a reportable disease** - all positive COVID-19 tests will be reported to OSDH.
- ⊕ OSDH will contact you by text message (866.730.6849) or phone call (405.522.0001).
If you prefer to speak with OSDH directly prior to receiving a text message or phone call, you may call them at 405.522.0001.

Example Text Message

[Client initials]; The Oklahoma State Department of Health would like to contact you regarding your health. I give consent to receive text messages from OSDH. I understand that the information I provide is voluntary. For more information please visit <https://oklahoma.gov/COVID19.html>. Please reply Yes or No.

- ⊕ Tell anyone you have exposed about your positive test.
- ⊕ **Stay home and isolate** for 5 days from onset of symptoms and until symptoms are improving and you are fever free, without the use of fever reducing medication, for at least 24 hours.
- ⊕ It is recommended you wear a mask for an additional 5 days when around other people.
- ⊕ If symptoms never develop, **stay home for 5 days following the date of your test.**

If You Test Negative

- ⊖ If you were in quarantine after being exposed, you can end the quarantine after **5 days have passed from your last exposure to someone with COVID-19**. You are encouraged to wear a mask for an additional 5 days when around other people.

Quarantine Calculator

Visit oklahoma.gov/covid-19 to calculate your isolation or quarantine dates.