

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



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.

If you had no known exposure to COVID-19 and you are not having symptoms:

- Continue with normal activities.

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 (OSDH) needs to contact you regarding the monitoring of your health. I give consent to receive text messages from OSDH. I understand that the information I provide is voluntary. If I withhold consent for text messaging, I understand I will be contacted via telephone. Please reply Yes or No.

- ⊕ Tell anyone you have exposed about your positive test.
Your contacts should quarantine for 10 days after their last date of contact with you, and get tested 3-5 days into quarantine.
- ⊕ **Stay home and isolate** through the date provided by OSDH or your Medical Provider.



- ⊕ If symptoms never develop, **stay home for 10 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 **7 days** if the test was done at least **5 days** after your last exposure to someone with COVID-19.
- ⊖ Keep wearing a mask and practicing social distancing through **day 14** after your last exposure. If you develop symptoms during that time, stay home and get tested again.