

Coronavirus Community Care Network

NEXT STEPS AFTER TESTING

When will I receive my test results?

Your test results should be available in seven (7) days. Please contact your primary care doctor to receive your results. If you do not have a healthcare provider or your provider does not have your test results, please contact the Detroit Health Department [COVID-19 hotline at 313-876-4000](tel:313-876-4000).

If you have worsening symptoms prior to your test results returning, including severe shortness of breath or high fever, seek medical attention immediately. If possible, put on a facemask prior to entering any healthcare facility.

What should I do while I am waiting for my results?

Most patients with COVID-19 have mild symptoms and recover on their own. Resting, staying hydrated, and sleeping are typically helpful. Treat your symptoms with oral fluids, medicines for fevers, cough, pain, etc.

- Stay home and home-isolate, except to get medical care. Do not have visitors over.
- Limit going outside your home, except for getting medical care. Only get medical care if it is absolutely necessary.
- Wear a facemask around other people and continue social distancing.
- Clean all “high-touch” surfaces every day, such as door knobs, phones, toilets with household cleaning sprays. Don’t share household items, such as glasses, towels or bedding.
- Separate yourself from other people and animals in your home.
- Cover your coughs and sneezes and immediately wash your hands and throw away used tissues in a lined trash can.
- 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, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Monitor your symptoms. Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

When can I stop home isolation?

Patients with confirmed COVID-19 should follow guidance from their healthcare provider about when they can stop home isolation.

What should others at your home do while you wait for your results?

- Help you follow the doctor's instructions.
- Help you monitor your symptoms and if worsening symptoms call 911.
- Stay in another room. Household members should stay in another room or be separated from you as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Ensure good air flow is occurring in your home, such as by an air conditioner or an opened window, weather permitting.
- Wash your hands often and avoid touching your face.
- Wear a facemask when you are in the same room and gloves when you come in contact with bodily fluids.
- Wash laundry thoroughly.
- Avoid sharing personal household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.

