






## Your COVID-19 home test results: What to do next

	<h3>Negative Results</h3>	<h3>Positive Results</h3>
 <p><b>I have symptoms</b></p>	<p>You may not have COVID-19, or it's too early for it to show up on the test. Test again in 24 to 72 hours to be sure. Quarantine until your second test is negative.</p>	<p>You have COVID-19.</p> <p><b>You should isolate:</b></p> <ul style="list-style-type: none"><li>• Don't go to any in-person events.</li><li>• Don't travel.</li><li>• Don't go to in-person medical appointments.</li><li>• Don't visit friends and family.</li></ul> <p><b>Positive and I don't have any symptoms</b> Isolate at least 5 days from your positive test date, then wear a mask in all settings for 5 more days.</p>
 <p><b>I was around someone who had COVID-19</b></p>	<p>You may not have COVID-19, or it's too soon after exposure for it to show up on the test. Test again in 24 to 72 hours to be sure. Quarantine until your second test is negative.</p>	<p><b>Positive and I don't have any symptoms</b> Isolate at least 5 days from your positive test date, then wear a mask in all settings for 5 more days.</p> <p><b>Positive and I have symptoms</b> Isolate at least 5 days. You can stop isolation when:</p> <ul style="list-style-type: none"><li>• Your symptoms have improved <b>AND</b></li><li>• You have no fever for 24 hours (without fever-reducing medications) <b>AND</b></li><li>• Your first symptoms were at least 5 days ago</li></ul> <p>Remember to wear a mask in all settings for 5 more days.</p>
 <p><b>I am going to a social event, visiting friends and family, or planning travel</b></p>	<p>If you don't have symptoms and haven't been exposed, you likely don't have COVID-19. Test again in 24 to 72 hours to be sure. You do not need to quarantine.</p>	

### I had COVID-19 and I isolated for 5 days. I want to go back to work or school



Testing after an infection is not necessary for most people. If you test, here is what to do next.

#### Negative Results

Your COVID-19 infection is over. You may return to regular activity, school, or work. You must continue to wear a mask in all settings for 5 more days. Check with your school or employer to find out what information they need before you go back.

#### Positive Results

You still have the virus in your body. Keep isolating and test again in 48 hours.

## What is the difference between isolation and quarantine?



**Isolation is** separating the person with COVID-19 from household members who are not sick.

### To isolate:

- Sleep alone in a separate room
- Use a separate bathroom if possible
- Do not eat with others
- Do not spend time in any room with others
- Do not share personal items such as dishes, eating utensils, towels, or bedding
- If you must be in a room with others, always wear a mask



**Quarantine is** for people who live with or have been around a person who has COVID-19.

### To quarantine:

- Stay home from work, school, and all other public activities
- If you must leave home, always wear a mask

## Other things to know

- You don't need to go to a clinic for a PCR test to confirm your positive or negative COVID-19 home test results.
- Kaiser Permanente can't provide proof of your COVID-19 home test results.
- Reporting your test results to Kaiser Permanente isn't required.
- We're here to help keep you, your loved ones, and our communities as safe as possible. For more information, visit [kp.org/coronavirus](https://kp.org/coronavirus).
- If you have worsening shortness of breath, cough, or fever, call our 24/7 advice line to speak with a nurse at **1-800-297-6877** or **206-630-2244**. If you are having a medical emergency, call 911.

## Need emotional support?

Get started with wellness apps, Calm and myStrength<sup>1</sup>.



Or complete a mental health e-visit. Sign in to [kp.org/wa](https://kp.org/wa). Click "Get Care Now" and then "e-visit."

If you are in crisis, call **1-888-287-2680**, Monday-Friday, 8 a.m. to 5 p.m. After hours, call **1-800-297-6877**.

<sup>1</sup>Not intended to replace treatment or advice. myStrength<sup>®</sup> is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc. The services described above are only available to Kaiser Permanente members, are not covered under your health plan benefits, and are not subject to the terms set forth in your Evidence of Coverage or other plan documents. These services may be discontinued at any time without notice.