Monitor any symptoms:
- Note the day any new symptoms begin.
- Check your own temperature two times a day.
- Keep a daily record of fever, cough, and additional respiratory symptoms.
- Seek further evaluation from a healthcare provider via telemedicine or an in-person if your symptoms get worse. Call ahead before visiting your doctor and tell them you have been tested for COVID-19.
- Even if you don’t experience symptoms, you might make others sick.

Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19 or other medical emergencies:
- Extremely difficult breathing
- Bluish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficult to wake up
- Slurred speech (new or worsening)
- New seizure or seizures that won’t stop

*This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

For medical emergencies, call 911 & notify the dispatch personnel that you may have COVID-19.

For more information, visit: coronavirus.illinois.gov
TEST RESULTS

Test Results and Notification

- Depending on the lab where your COVID-19 test is done, the time frame for receiving the test results may vary. Your healthcare provider can tell you approximately when to expect a result.
- IDPH is unable to notify individuals directly of any lab results; your healthcare provider will notify you of the COVID-19 test result.

**If you test positive for COVID-19, keep your entire household home.**

- Most cases can be cared for at home.
  - Do not go to the hospital to seek care unless you have a medical emergency
- Do not go to work. Notify your employer of your positive test result.
- Continue to monitor your symptoms at home as described on the opposite side.
- Seek medical attention if you develop ANY of the following:
  - Extreme difficulty breathing
  - Bluish lips or face
  - Constant pain or pressure in the chest
  - Severe constant dizziness or lightheadedness

**What should you expect?**

- Most people experience minor symptoms such as fever and cough.
- Over-the-counter medications that lesson symptoms of fever and cough may help. It is important to get rest and drink plenty of fluids.
- There is currently no vaccine or medication to treat or prevent COVID-19.

**When does home isolation end?**

- If you test **positive for COVID-19, stay home** and limit contact with others until:
  - You have been fever-free for at least 3 days without using medicine that reduces fevers
    **AND**
  - Your other symptoms have improved **AND**
  - At least **7 days** have passed since your symptoms first appeared
- You will need to consult your employer prior to returning to work.

**If you test negative for COVID-19**

- You are probably not infected at this time. However, you could have been exposed and test positive later.
- You must continue to practice all the protective measures to keep yourself and others negative.
- As long as the virus that causes COVID-19 is spreading in your community, continue to follow recommendations to protect yourself, including:
  - Practice social distancing, wash your hands often, avoid touching your face, and avoid social gatherings according to local guidance.
- Follow guidance from your healthcare provider and your state and local health departments.

For more information, visit: coronavirus.illinois.gov