



# COVID-19

## Guidance for COVID-19 testing

We understand that local businesses and schools may have different recommendations for their employees and students to follow. By following the guidance below, it will assist you and your family in understanding next steps.

Guidance for COVID-19 testing	
<b>Step 1</b> <i>This step can be completed before or immediately after getting tested.</i>	If you are a <b>current employee</b> : contact your employer to alert them of your need to get tested for COVID-19. They will assist you on specific next steps as it relates to your profession/employer.
	If you are a <b>current student</b> : contact your school's main office to alert them of you (or your child) needing to get tested for COVID-19. They will assist you and your family on specific next steps as it relates to your school district.
<b>Step 2</b>	Get tested for COVID-19
<b>Step 3</b>	Follow the general guidance below, unless you received more specific information from your current employer or school district.

Following these general guidelines below or the specific information from your current employer or school district, will help protect yourself, your family and the community.



If your test is positive:  
You will receive a phone call or portal message with your results.



If your test is negative:  
You will be notified through the patient portal, phone or mail.

Actions while waiting for results		Actions to follow when notified of test results	
<b>Tested with COVID-like symptoms</b>	Stay home from work, school, day care and other activities	 <b>POSITIVE:</b> Continue to stay home from work, school or day care for a minimum of 10 days and at least 24 hours with no fever, and symptoms have improved	
		 <b>NEGATIVE:</b> Continue to stay home until 24 hours without symptoms or medications	
<b>Tested because you have been told you are a close contact of a positive case</b>	Quarantine from public places, work and school for 14 days from last contact with positive case	 <b>POSITIVE:</b> Stay home from work, school or day care for a minimum of 10 days and at least 24 hours with no fever and symptoms have improved.	
		 <b>NEGATIVE:</b> Continue to follow quarantine guidelines because of exposure. NOTE: A negative test does not end the quarantine.	
<b>Tested with no symptoms and not a close contact</b>	May resume normal activities. Continue to wear a mask and socially distance	 <b>POSITIVE:</b> Stay home from work, school or day care for a minimum of 10 days and at least 24 hours with no fever and symptoms have improved.	
		 <b>NEGATIVE:</b> Okay to continue with your normal socially distanced activities	

This document was developed in collaboration with Olmsted County Public Health Services, Mayo Clinic and Olmsted Medical Center. Updated versions of this document can be found on the Olmsted County COVID-19 News and Updates page at [www.olmstedcounty.com](http://www.olmstedcounty.com).