COVID-19 Testing
Next Steps

You are being tested for a virus that causes COVID-19. If you have symptoms of the disease, or if you have been in contact with someone who is infected, you will be asked to stay apart from others. This is also called isolation or quarantine. COVID-19 spreads easily. Staying apart helps stop the disease from spreading.

**Symptoms Include:**
- Fever, cough, difficulty breathing

Other symptoms may include: chills, muscle aches, headache, sore throat, abdominal pain, vomiting, diarrhea, runny nose, fatigue, wheezing, or new loss of taste or smell.

**You Should Be Isolated If:**
- You have symptoms and think you may have been infected with the virus.

**You Should Be Quarantined If:**
- You have been in close contact with someone known to have COVID-19, even if you don’t have symptoms. Close contact means sharing the same household, direct physical contact, or being within six feet for more than 10 minutes.

See back for more information.

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**If You are an Essential Worker:**
You can **ONLY** return to work while you wait for your test results if:
- You have your employer’s permission to do so.
- You **DO NOT** have symptoms.
- And you have **NOT** had contact with a person known to have COVID-19.

In addition, you must continue to:
- Practice social distancing (stay more than 6 feet from others).
- Use appropriate personal protective equipment (PPE).
- Wear a mask when less than 6 feet away from others in public.
- Take your temperature and monitor your symptoms daily.
**Test Results**

You will be contacted with your results.

**If you test positive on a diagnostic test** for the virus, you must continue isolation. You will get a call from a public health representative to identify any contacts you have had.

**If you test negative**, but you have been in close contact with a person known to have been infected, you must still continue quarantine until 14 days have passed from your last contact with a person known to have COVID-19. Even though you may feel well now, you are at risk of getting the disease and you may get sick. It can take up to 14 days to get the disease.

Your local health department can help you determine when it is safe to stop isolation or quarantine. Find them at [www.nysacho.org/directory](http://www.nysacho.org/directory)

Learn more at [https://coronavirus.health.ny.gov/home](https://coronavirus.health.ny.gov/home)

**Support and Job Assistance**

Any New Yorker under a mandatory or precautionary order to stay home may be eligible for job-protected sick leave and compensation. Learn more at [https://coronavirus.health.ny.gov/know-your-rights](https://coronavirus.health.ny.gov/know-your-rights)

If you need help caring for yourself or your children while in isolation or quarantine, call your local health department. Find them at [www.nysacho.org/directory](http://www.nysacho.org/directory)