

# Tips

## Waiting for COVID-19 Test Results?



Follow these important steps while you are waiting for your COVID-19 test results to prevent infecting others.

**Step 1:** [Self Isolate](#) at home while you are waiting for the results of your COVID-19 test.

**Step 2:** Tell your household members, intimate partners, and in-home caregivers that you need to keep away from them to keep them safe. If any of them have been in close contact with you, they will need to [self quarantine](#).

### How to self isolate:



- **Stay Home.**
- Stay in your own room and away from other people in your home as much as you can. It is very important to stay away from people who are at [higher risk of serious illness](#).
- Use a separate bathroom, if available.
- Anyone entering your room should wear a facemask if possible. After leaving your room, they should immediately clean their hands, then remove and dispose of their facemask in a lined trash can, then wash their hands again.
- Do not prepare or serve food for others.
- Do not care for children if possible.
- Do not handle pets or other animals if possible.
- Do not allow visitors into your home.
- Do not use public transportation, ride shares or taxis.
- Do not go to work, school, or public areas.

### Prevent the spread of COVID-19

- **Cover your coughs and sneezes.** When you cough or sneeze, cover your mouth and nose with a tissue or sneeze into your sleeve. Do not cough or sneeze into your hands. After coughing or sneezing into a tissue, throw away the tissue into a lined trash can and immediately wash your hands with soap and water for at least 20 seconds.
- **Wash your hands often and thoroughly with soap and water for at least 20 seconds.**
- **Avoid touching your eyes, nose and mouth with unwashed hands.**
- **Avoid sharing household items.**
- **Clean and disinfect all “high-touch” surfaces every day.**
- [Follow the Alameda County Public Health Department Home Isolation and Instructions](#)



**You received this document because you have been tested and are waiting for results**



Alameda County  
Health Care Services Agency



Alameda County Public Health Department  
Celebrating Healthy People in Healthy Communities

#### Contact

Public Health Department:  
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COVID-19 Information:  
(510) 268-2101

[www.acphd.org](http://www.acphd.org)

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