YOUR RAPID ANTIGEN TEST IS POSITIVE, NOW WHAT?

A positive rapid antigen test result for COVID-19 indicates that you have COVID-19 and are presumed to be contagious. **Please isolate at home immediately. A case investigator will be following up with you within 24 hours.** Please follow the steps below to help prevent the disease from spreading to people in your home and community.

STAY HOME EXCEPT TO GET MEDICAL CARE

Please see State Health Officer order #2020.5.1 for positive cases. People who are mildly ill with COVID-19 are should isolate at home during their illness. It is very important for you to monitor your health at home for worsening symptoms so that you can be taken care of and treated quickly if needed. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis. If you have a medical appointment, call the health care provider and tell them that you have COVID-19. **Unless it is an emergency, ALWAYS call ahead before visiting your doctor.**

SCAN ME

SEPARATE YOURSELF FROM OTHERS IN YOUR HOME AND PRACTICE HEALTHY HABITS

As much as possible, you should stay in a specific room, use a separate bathroom, and away from other people in your home. You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

More detailed guidance from CDC is available, see Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities. This guidance also provides information regarding preventative steps for household members, intimate partners, and caregivers in a non-healthcare setting of a person with COVID-19 infection.

NOTIFY YOUR CLOSE CONTACTS

Notify your close contacts outside of the school setting. School close contacts will be notified by the school investigation team. Find more information on notifying close contacts by visiting health.nd.gov/covidpositive.

WHEN TO DISCONTINUE HOME ISOLATION

You need to remain at home until 10 days have passed since your symptoms began **AND** you are fever free

(<100.4°F) for 24 hours without the use of fever-reducing medications **AND** symptoms are improving.

Asymptomatic individuals must remain home until 10 days have passed since their specimen collection date, as long as they are asymptomatic for the duration of their isolation. An isolation and quarantine calculator can be found at health.nd.gov/covidcalculator**.**

It is recommended you not retest for COVID-19 within 90 days from your illness onset if you remain asymptomatic; test results during this time may remain residually positive. If you do become ill again, consult with your health care provider regarding your illness. If you would be exposed to COVID-19 again within 90 days of your illness onset, it is not recommended to quarantine for those exposures.

For more information, visit health.nd.gov/covidpositive.

YOUR RAPID ANTIGEN TEST IS NEGATIVE, NOW WHAT?

A negative test result for this test means that antigens from SARS-CoV-2 were not detected in your sample so you may not have COVID-19. However, a negative result **does not** rule out COVID-19 and should not be used as a pass to stop practicing social distancing and other COVID-19 prevention measures. A negative COIVD-19 test means you likely did not have COVID-19 at the time you were tested. You could have been tested too early to be detected or could be exposed to COVID-19 after the test and get infected then.

WHAT'S NEXT?
If you do not have symptoms and are participating in screening testing, no additional measures are required at this time. However, you are encouraged to participate in future screening tests, as available. If you have symptoms or at any time develop symptoms, it is recommended that you follow up with a diagnostic test. Visit health.nd.gov/testnd for more information.

PRACTICE GOOD COVID-19 ETIQUETTE
COVID-19 testing isn't a substitute for basic measures to prevent spread of COVID-19, including physical distancing, wearing a mask, washing hands, sanitizing frequently touched surfaces and avoiding crowded indoor spaces.

For more information, please visit health.nd.gov/coronavirus or questions may directed to the N.D. Department of Health COVID-19 hotline at 1-866-207-2880.

YOU DIDN'T RECEIVE A TEST RESULT, NOW WHAT?

If you have not received a rapid antigen test result for COVID after being screened, you can call 1-701-204-6664 for assistance. The hours of operation for this phone line are 8 a.m. – 5 p.m. Monday through Saturday. You also can inquire about your test result online at https://www.health.nd.gov/covidtestresults.

11/22/2020