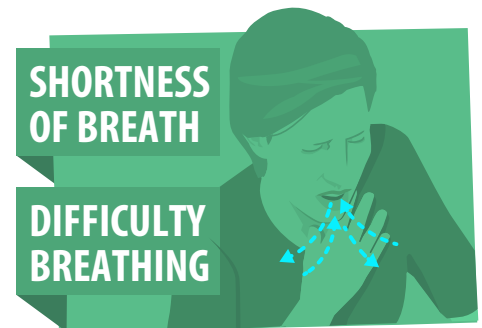


# CORONAVIRUS 2019 (COVID-19)

## IMPORTANT INFORMATION FOR TRIBAL MEMBERS ABOUT TESTING FOR COVID-19

### WHO SHOULD BE TESTED?

- Individuals who have COVID-19 Symptoms



Symptoms may also include chills, muscle pain, headache, sore throat and new loss of taste or smell.

### WHO ELSE SHOULD BE TESTED?

- Household members of people who have COVID-19, or other individuals who have been in close physical contact with someone who has COVID-19.
- Residents of nursing and group homes and other congregate settings.
- Health care facility workers and first responders.

**NOTE:** If you have already tested positive for COVID-19, retesting is not recommended for at least 3 months.



### HOW SOON WILL I KNOW MY RESULTS?

Your results will be available in approximately 3-5 days.



### WHAT SHOULD I DO WHILE WAITING FOR MY TEST RESULT?

- Self-quarantine at your home. This means staying home and physically apart from others.
- If you live with others, stay in a private room and use a private bathroom if possible.
- Wear a face mask when you enter living areas with others.
- If your symptoms worsen, notify your healthcare provider.

## WHAT DOES IT MEAN IF MY RESULT IS NEGATIVE?

- **If you test negative for COVID-19**, you probably were not infected at the time your sample was collected.
- However, that does not mean you will not get sick.
- The test result only means that you did not have COVID-19 at the time of testing.
- **If you do not have symptoms AND have not been in close contact with anyone with COVID-19 in the past 14 days**, you may stop your self-quarantine.
- A negative test result does not mean that you have immunity to the coronavirus. You must still take preventive measures to protect yourself and others (e.g., social distancing, wear face mask in public, frequent hand washing, etc.).

## WHAT DOES IT MEAN IF MY RESULT IS POSITIVE?

If your COVID-19 test result is positive you must stay isolated in your home and take all of the following steps until your health provider tells you that you are clear and can stop isolation:



**Stay home.**



**Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



**Get rest and stay hydrated.**



If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have COVID-19.



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

**Cover your cough and sneezes.**



**Wash your hands often** with soap and water for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol.



As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should eat meals apart, and use a separate bathroom if available. If you need to be around other people in or outside of the home, wear a facemask.



**Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



**Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

