Coronavirus (COVID-19): Viral Tests
What do your results mean?

WHAT IS A VIRAL TEST FOR COVID-19?

- Viral tests for COVID-19 are tests for current infection to find out if you have COVID-19 **now.**
- Viral tests for COVID-19 check samples from your respiratory system (such as swabs of the inside of the nose).

WHAT DOES A POSITIVE TEST MEAN?

- A positive test means you have COVID-19 **now.**
- You should stay home, separate yourself from others and monitor your symptoms until you are well and for at least 10 days.

WHAT DOES A NEGATIVE TEST MEAN?

- A negative test means you were not infected with COVID-19 at the time your specimen was collected.
- A negative test does **not** mean that you will not get sick.
- It is possible that you were very early in your infection when your sample was collected and that you could test positive later.
- You could also be exposed later and then develop illness.
- Take steps to protect yourself and others.

TO PROTECT YOURSELF FROM COVID-19:

- Stay home as much as possible and limit visitors in your household (they may have been exposed to the virus and not show symptoms).

- Try to only leave your house to get groceries and essential supplies.

- When you leave your house, wear a cloth mask.

- Avoid direct contact with people outside of your household. Maintain a 6 ft. distance from other people.

- Clean your hands often with soap and water for 20 seconds. If soap and water is not available, use hand sanitizer.

- Cover your coughs and sneezes.

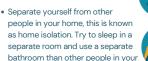- Clean and disinfect frequently touched surfaces daily.

- If you feel sick, stay home and isolate yourself from other people in your household. Do not go to work.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

VDH VIRGINIA DEPARTMENT OF HEALTH

WHAT TO DO IF YOU ARE SICK:

- Stay home except to get medical care. Do not go to work.

- Separate yourself from other people in your home, this is known as home isolation. Try to sleep in a separate room and use a separate bathroom than other people in your home.

- Call ahead before visiting your doctor.

- If you are sick, wear a face mask when you are around other people.

- Cover your coughs and sneezes with a tissue. Throw away tissues immediately.

- Clean your hands often. Use soap and water for 20 seconds and hand sanitizer if soap and water are not available.

- Avoid sharing personal household items (like dishes, drinking glasses, utensils, towels, or bedding with other people in your home).

- Clean and disinfect all "high-touch" surfaces everyday (like phones, remote controls, counters, tabletops, doorknobs, toilets, tablets, and bedside tables)

- Monitor your symptoms every day.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19.