COVID-19 TESTING

After Your COVID-19 Test

- Practice physical distancing, wash hands frequently and wipe down high-touch surfaces.
- Quarantine at home for 10 days if you had close contact with someone with COVID-19, even if you have no symptoms and test negative.
  - Monitor yourself for symptoms for 14 days after your contact. Continue to practice physical distancing and use of face coverings.
  - You may need to stay home from work for 14 days after your contact – ask your employer.
- If you are sick, isolate at home for at least 10 days from the day you first fell ill. After 10 days, continue isolating until you have been fever-free for at least 24 hours without the use of medicine and your other symptoms are improving.
- Get medical help if you start feeling sicker, especially if you have trouble breathing or persistent chest pain.

How You’ll Get Your Test Result

- You will receive a secure text message from 925-438-6503 during daytime hours when your result is available.
- You can view and print your result 24 hours a day from your MyChart account https://mychart.cchealth.org/MyChart/signup
- If you have trouble accessing your MyChart account, contact 1-844-622-5465.
- We will mail results to patients who do not access their results via MyChart.
- Still having trouble accessing your results? Contact 1-844-421-0804 and select the results option.

After You Get Your Result

- If you test positive:
  - Continue to isolate. Our contact tracing team will call you with information, ask and answer questions and provide you with support during the isolation period. You may be eligible for things to help you get through this, such as food, health insurance and financial aid.
- If you test negative:
  - If you had close contact with someone who tested positive for COVID-19, you will still need to quarantine at home even though you tested negative.

For more information, visit:
bit.ly/covid19-patients