



What Do I Need To Know If I Am Tested For COVID-19?

Prevention Steps for People Being Evaluated for COVID-19 Infection and Guidance for Household Members

Your healthcare provider is currently testing you for COVID-19. While you are awaiting laboratory results, it is crucial that you follow the prevention steps below until you receive a negative laboratory result, or your Local Health Department says you can return to your normal activities.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas, and do not use public transportation, taxis or ride shares.

Separate yourself from other people in your home

As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available.

Call ahead before visiting your doctor

Before your medical appointment, call your healthcare provider and tell them that you are being evaluated for COVID-19 infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

Wear a facemask

You should wear a facemask when you are in the same room with other people and when you visit your healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.

Wash your hands

Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (for example, if you become short of breath). Before going to your medical appointment, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19 infection. This will help your healthcare provider's office take steps to keep other people from getting infected. Ask your healthcare provider to call the Health Department at 703-246-2433 for additional guidance.

Guidance for household contacts

Asymptomatic household contacts have no public health restrictions at this time. Contacts should remain alert for subjective fever, cough, or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.

For guidance questions, please call the Virginia Department of Health 877-ASK-VDH3.

(877-275-8343)