

If you have been tested for COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others:

Follow the directions provided when you were tested to get your results. Some providers will call you with your result, others will ask you to use an app or website to get your result.

Monitor Your Health While Waiting for Results

Review the common COVID-19 symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Nausea
- Diarrhea

If you develop any symptom(s) while waiting for your results, **you should stay home, whether or not you're fully vaccinated, while awaiting your results.**

- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members can consider staying in a separate location to decrease their risk of exposure.
- Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.
- If your symptoms get worse and you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you have been tested for COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

If you have had close contact with someone with COVID-19:

- And **you have been boosted or recently fully vaccinated** (within the last 6 months), AND you are not experiencing symptoms, you do not have to quarantine. You should wear a mask when indoors and around others for 10 days following your close contact.
- If **you are unvaccinated, or you were fully vaccinated more than 6 months ago and have not gotten a COVID booster shot**, you should quarantine at home for 5 days after being exposed. You should wear a mask when indoors and around others for 10 days following your close contact.
- Additional information is available in TDH's [Isolation and Quarantine](#) guidelines.

Practice Healthy Habits

- Wear a mask.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for ≥ 20 seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.

Learn More Online

- <http://tn.gov/health/cedep/ncov>