

WHAT SHOULD I DO WHILE I WAIT FOR MY TEST RESULTS?



ISOLATE

Stay in home isolation until 10 days have passed since your symptoms started AND 24 hours after your fever is gone and your symptoms have improved.

If you never had symptoms, you should stay in home isolation until 10 days have passed since your test was performed.

www.smchealth.org/IQ



COMMUNICATE

Notify your friends and family members who have been near you (starting 48 hours before your first symptoms or, if you never had symptoms, 48 hours before your test) that you are getting tested for COVID-19.



RESPOND

Answer the online questions in the text message you receive from SMC Health.

The information you provide will help us notify others who may have been exposed, so they do not pass COVID-19 to others.

www.smchealth.org/coronavirus/what-is-contact-tracing

For all questions, call 2-1-1



SAN MATEO
COUNTY HEALTH

WHAT HAPPENS IF I TEST POSITIVE?

If you provide a phone number at the time of your test, you will be contacted by San Mateo County Health by an automated text message and/or by a contact tracer via phone.



Respond to questions online that will help SMC Health notify contacts and prevent spread to others.



The online questions and contact tracer will ask you to confirm your name and date of birth.



You will NOT be asked for your social security number, driver license information or immigration status.



Responding to the questions can help link you to resources to help you during your isolation.



Visit the link to learn more and verify:
www.smchealth.org/coronavirus/what-is-contact-tracing

