What should I do if I test negative?

A negative COVID-19 test today does not mean you will stay negative. You could become ill with COVID-19 and/or test positive at any time.

If you have any mild symptoms of COVID-19 (fever>100° F, cough, loss of smell or taste, headache, nausea, vomiting, or diarrhea) continue to behave as if you had a positive test. Consult a doctor about if you should get re-tested and when it might be safe to come out of isolation.

If your test is negative **and** you have no symptoms, you don't have to stay home. But if **"SA Health Depart."** calls to ask you to stay home because of your contact with a person with COVID-19, you should follow their instructions.

Resources for more information:

COVID-19 Hotline **210.207.5779** or visit *covid19.sanantonio.gov*. If you need help with self-isolation, **hotel rooms are available for free**. If being out of work, while you isolate yourself from others, creates a financial hardship **you can contact 311 for information about financial assistance**.

CITY OF
SAN ANTONIO
— TEXAS —

THE STATE OF TEXAS · COUNTY OF BEXAR

7/20/2020

WHAT'S NEXT?
Stop the Spread!

Today you were tested for COVID-19.

You should receive your test results back from the same clinic or health care provider that tested you. The test results may be ready as soon as two days after your test but may take longer. If your test is positive then you will receive a phone call from **"SA Metro Health"** on your caller ID. Please answer this call to help slow the spread of COVID19.

What should I do while I wait for my result?

Act as if you were told you have a positive test. This is to prevent the spread of COVID-19 to other people.

Stay at home in a specific room away from other people; use a separate bathroom, if possible. Avoid sharing personal items like dishes, glasses, food, towels and bedding. People you live with should also stay home, if possible.

Wear a mask around other people, including people inside your home. **Wash your mask daily** with hot water and soap. You can dry it on high heat. Only touch the ties/ear loops because the inside and outside of the mask may be contaminated.

Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer. Make sure you have clean hands before and after putting on your mask. Use cleaning sprays or wipes to disinfect things you touch regularly, including your phone.

Monitor your symptoms and take your temperature twice a day. If you have difficulty breathing, confusion, slurred speech, severe dizziness or severe chest pain, **then call 911**.
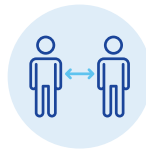
Make a list of the people who were within 6 feet of you for at least 10-15 minutes (close contacts) from 2 days before you started feeling sick until the time you were tested. If you never had symptoms, list the people you have been close to for 2 days before today's test. This will help us know who may need to be tested and slow the spread.

What should I do if I test positive?

Continue to stay home and away from others. You will be considered fully recovered if your symptoms are better, **and** it has been 10 days since you first felt sick, **and** you have had no fever **for 24 hours** without using medicine that lowers fevers.

Call the Texas COVID-19 Hotline (1-833-753-0909) with your list of close contacts, so contact tracers can call and let them know they may have been exposed. Contact tracers will tell them about testing options and tell them if they should stay at home.

Answer the call from "SA Health Dept." on your caller ID so the health department can reach out to people who have been in close contact with you and provide them with resources. It's the best way to protect your family, friends and community. **Contact tracing is 100% confidential.**

Plasma Donation

The South Texas Blood & Tissue Center is asking those who have recovered from COVID-19 to donate plasma in an effort to possibly help others recover. If you are interested or would like to learn more, email *COVID19@southtexasblood.org* or call **210.731.2719.**