

COVID-19 AT HOME TESTS

What to do if your test result is positive or negative

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What happens if I test positive?

If you have a positive result, you should consider yourself positive for COVID-19 and:

- Stay at home except to get medical care. [Isolate](#) yourself from others in the household for at least 5 days.
 - » If you have no symptoms and feel well, or your symptoms are much better after 5 days, you can leave your house.
 - » Wear a well-fitting mask around others for 5 additional days.
 - » If you have a fever, continue to stay home until you don't have a fever.
 - » If you [need support to isolate](#), call your Community Health Worker.
- [Watch for symptoms](#) and [seek medical care](#) if you feel worried or if your symptoms get worse.
- [Tell your close contacts](#) and household members you have tested positive.

(A close contact is anyone you were within 6 feet of for 15 minutes or longer since 2 days before your symptoms began or 2 days before you took your test.)

 - » If they are not up to date on their vaccinations, they should follow [quarantine guidelines](#) and stay home for at least 5 days. If they can, they should get tested on day 5 after their exposure to you.
 - » If they are up to date on their vaccinations, they do not need to quarantine, but should wear a mask when in public and watch for symptoms for 10 days.
- Call your healthcare provider as soon as possible. There may be treatment available, but some treatment depends on acting quickly. If you don't have a healthcare provider, call 211 for help finding one.



You are up to date on your vaccination if you:

Have been boosted OR have completed your vaccine doses of Pfizer within the last 5 months OR Moderna within the last 5 months OR J&J within the last 2 months.

How do I report a positive test result?

If your job includes interaction with the public, you should [tell your employer](#) so you can help limit the spread of COVID-19. Otherwise, you do not need to report a positive result from an at-home test to anyone. Instead, follow the directions to isolate from others and call your healthcare provider.

If you have questions or want to talk with trained professionals about your test result, you can call Oregon Health Authority's hotline at 866-917-8881.

What if I have a negative result?

If your result is negative and you feel well, continue to practice general COVID-19 safety precautions to keep yourself and others safe.

What if I have a negative result, but I still think I may have COVID-19?

If you think you may have COVID-19 because you were exposed or have symptoms, then we recommend that you quarantine and [seek another COVID-19 test](#) through your regular healthcare provider. If you don't have a healthcare provider, call 211 for help finding testing.

1. If you have been a close contact and are unvaccinated, you will still need to remain in quarantine for at least 5 days from your last exposure to someone with COVID-19. After that continue to wear a mask around others for 5 additional days.
2. If you have been a close contact AND have symptoms, you may still have COVID-19. Continue to quarantine until your symptoms improve. If you can, arrange to get another COVID-19 test through your doctor's office or the health department.
3. If you are sick, stay home until your symptoms have improved, and you have not had a fever for at least 24 hours before returning to work or school.

Get more health information or help with isolation and quarantine on the Oregon Health Authority's Positive COVID Test website <https://govstatus.egov.com/or-oha-covid-19-positive-test> or call their Case Support Hotline at 866-917-8881.

Symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Call 911 if you have these severe symptoms:

- Difficulty breathing
- Pain or pressure in the chest or belly
- Unable to drink or keep liquids down
- New confusion or inability to wake up
- Bluish or greyish lips or face