What happens now that I’ve gotten tested?

You must quarantine/isolate until you receive your test results. This helps protect others and save lives.

Negative test results:

- In general, it takes 2-6 days for results to come back- but it could take longer.
- Will be sent via your confidential campus health services message portal. Please check there daily.
- **Even with negative results, you must continue to self-quarantine for 14 days from your last contact with a sick person.** There are several reasons for this:
  - Some test results can be “falsely negative”. This means that, even though your test has come back negative, you may actually have the virus but the test wasn’t performed at a time during the course of your illness when it was detectable by the test instrument.
  - To protect the community, assume you are “positive” and remain in quarantine, even if you do not develop symptoms.
- Monitor your symptoms during the 14 day period. Though most people get sick about 3-4 days after exposure some people do not show symptoms for up to 14 days. Other people may not develop any symptoms or have very mild symptoms.

Positive test results:

- It generally takes 2-6 days for results to come back- but could take longer.
- A Campus Health Services provider will contact you directly via phone or text to discuss positive results.
- **Please be sure to respond to all messages and answer any calls from CHS during this time.**
- If your test is positive, please let any recent contacts know that you’ve tested positive and advise them to self-quarantine.
- Providers will provide you with additional information about next steps when they contact you with results.
- **You will need to self-isolate until:**
  - **If you do NOT develop symptoms:** 10 days from date of positive test
If you have developed symptoms:

- 10 days since symptoms developed AND 24 hours with no fever- without use of fever reducing medication AND symptoms have improved
- OR
- Your medical provider has advised you that you can end self-isolation


Managing Symptoms at Home:

Most people with COVID 19 will develop mild or moderate symptoms that can be managed at home. Treatment does not involve a cure, but helps to relieve symptoms.

- Follow your medical provider’s recommendations
- Manage a fever by using an over-the-counter fever reducer such as acetaminophen (Tylenol)
- Manage a cough by using over the counter cough and cold or flu medicine
- Manage headaches/body aches with ibuprofen or acetaminophen
- Soothe sore throat using throat lozenges and or acetaminophen or ibuprofen, drink warm beverages throughout the day. Try breathing steam or gargling with salt water.
- For shortness of breath, take slow breaths. Try calming activities such as meditation or relaxation techniques. Download the NAU Stressbusters app on the app store for calming music, guided meditations and relaxation activities.
- Get plenty of rest
- Drink lots of liquids
- Avoid alcohol
- Continue taking any prescription medications as prescribed


If you develop severe symptoms:

- Contact a medical provider right away or call 911.
- Let them know you have COVID 19

Resources:

Campus Health Services: (928) 523-2131

Counseling Services: (928) 523-2131

Emergency medical services: 911