



# COVID- 19

## After Testing, What's Next?

**Step 1:** After testing at one of our Drive-Up Testing locations, return home to isolate yourself. You will be contacted with your test results. Please do not seek another drive up test.

**Step 2:** While waiting for the results of your test, members of your household should stay at home if you have symptoms of COVID-19. (If you are not showing symptoms and your household members are healthcare workers, they are encouraged to contact their employer. They *may* still be allowed to work while wearing a mask).

**Step 3:** Stay isolated in a separate room and away from other people in your home to the extent possible and use a separate bathroom, if available.

**Step 4:** If you must leave home, such as to seek medical care, wear a surgical mask or cloth face covering.

**Step 5:** Get plenty of rest, stay hydrated and if needed, take medication to reduce your fever.

**Step 6:** If your symptoms get worse and you need to seek healthcare, call ahead 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.

Androscoggin Valley Hospital  
avnhh.org | 603-752-2200

North Country Home Health  
& Hospice Agency  
nchhha.org | 603-444-5317

Upper Connecticut Valley Hospital  
ucvh.org | 603-237-4971

Weeks Medical Center  
weeksmc.org | 603-788-4911

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**NCH**  
north country healthcare