

# Recommendations for household members awaiting COVID-19 test results

## What should I do if I live with someone waiting for a COVID-19 test result?

Regardless of test results, all individuals should wear face coverings, maintain social distancing, and practice good hand hygiene.

### You should get tested for COVID-19 if:

- You have a fever, new onset of cough, shortness of breath, or new loss of taste or smell;  
OR
- You have been exposed (within 6 feet for 15 minutes or more) to someone who tested positive for COVID-19.

### You should stay in isolation\* if:

- You tested positive for COVID-19 in the past 10 days and your symptoms began fewer than 10 days ago;  
OR
- You develop new onset of fever, cough, shortness of breath, or new loss of taste or smell AND are waiting for test results.

*\* Isolation means stay in a separate room from others, use a separate bathroom, avoid contact with other household members and pets, and do not share personal items, including utensils, cups, and towels. You can be around others (end isolation) after at least 10 days since you first had symptoms AND it's been at least 24 hours with no fever without fever-reducing medication AND symptoms have improved.*

### You should stay in quarantine\*\* (other than to get tested) if:

- You were exposed (within 6 feet for 15 minutes or more) to a person who tested positive for COVID-19.

*\*\* Quarantine means to stay home for 14 days after your last contact with someone who has COVID-19, watch for symptoms like of fever, cough, shortness of breath, or new loss of taste or smell, and stay away from others as much as possible.*

Visit [www.phila.gov/COVID](http://www.phila.gov/COVID) for more information • Text COVIDPHL to 888-777 to receive updates to your phone  
Call (800) 722-7112 to speak to a health care professional on the Greater Philadelphia Coronavirus Helpline

**You should stay at home (except for essential activities\*\*\*) if:**

- You live with someone who has been exposed (within 6 feet for 15 minutes or more) to someone else who has COVID-19 AND has symptoms AND is waiting for test results;  
OR
- You live with someone who has been exposed to a COVID-19 outbreak AND is waiting for test results. The Department of Public Health will notify individuals who might have been exposed to an outbreak.

*\*\*\* Essential activities should be limited to picking up food or medicine and seeking medical care. Use contactless, online, delivery, or takeout services when available.*

**We recommend sick or infected individuals separate from those who are not infected.**

If that is not possible within a household (such as parents, caregivers, roommates), household members should wear face coverings at home during the isolation period to prevent the spread of COVID-19.

For more detailed recommendations about isolation and quarantine, please refer to the Philadelphia Department of Public Health's [website](#).