

WHAT TO DO WHILE WAITING FOR YOUR COVID-19 TEST RESULTS

RESULTS TAKE 3-5 DAYS. YOU WILL BE CALLED. IF YOU HAVE QUESTIONS

PLEASE LEAVE A VOICEMAIL AND A NURSE WILL CALL YOU (617) 414-7831

DON'T PANIC

80% OF PEOPLE WILL NOT GET SEVERE SYMPTOMS AND CAN RECOVER AT HOME



DO: STAY IN BED

DO: WATCH TV

DON'T: USE PUBLIC TRANSPORT



DO: DRINK WATER OR ELECTROLYTE FLUID



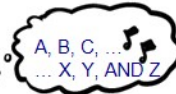
DO: STAY INDOORS



MONITOR YOUR SYMPTOMS

- ✓ TEMPERATURE
- ✓ COUGH
- ✓ SHORTNESS OF BREATH
- ✓ TELL YOUR DOCTOR IF THEY GET WORSE

20 SECONDS



SING THE ALPHABET



DON'T SPREAD INFECTIONS

- ✓ WASH YOUR HANDS OFTEN
- ✓ COVER YOUR COUGHS AND SNEEZES
- ✓ CLEAN SURFACES AND OBJECTS DAILY
- ✓ DON'T SHARE BLANKETS, DISHES, OR OTHER PERSONAL ITEMS



WAIT TO COME OUT OF QUARANTINE UNTIL...

- ✓ AT LEAST 7 DAYS AFTER YOUR POSITIVE TEST
- ✓ AND LEAST 3 DAYS WITH NO SYMPTOMS
- ✓ AND YOU DON'T HAVE FEVER
- ✓ AND ARE NOT USING FEVER-REDUCING MEDICINES

@epiellie
@benjaminlinas
@the_BMC

