**Prevention Information**

- Wear a mask/cloth face covering
- Practice social distancing (stay 6 feet apart)
- Wash your hands

**Where Do I Get My Results?**

- Your results will be provided to you via the online "MyQuest" portal.
- If you have been tested follow the instructions on the sheet provided around creating an online account. Try to create an account the day of the test because the Quest system takes 24 hours to acknowledge a new user and connect your results to your account.
- If you are a parent or caregiver, you can also request your family's permission to setup and access to their appointments and test results through the "My Circle" feature in your "MyQuest" account.
- The results will show either:
  - "not detected" (negative)
  - "out of range" (positive)
- It may take up to 72 hours to receive your results.

**For More Information**

https://www.nh.gov/covid19/
If you have symptoms, seek medical advice about staying home and if you need to get tested again. If you don’t have symptoms, you should get tested again only if your medical provider and/or workplace tells you to. Make sure to take steps to protect yourself and others.

What is a viral test for COVID-19?

A viral test for COVID-19 tests for active infection of the virus. This means that you have the virus in your system.

What Do My Results Mean?

**Positive Test** - You currently have an active COVID-19 infection and can give the virus to others.

**Negative Test** - Most likely you DO NOT currently have an active COVID-19 infection.

An important note on negative test results:
If a person without symptoms is tested after an exposure to COVID-19 (e.g., contact to a confirmed COVID-19 case), a negative result does NOT allow them to be removed from their 14-day quarantine. An exposed individual can develop illness at any time within this 14-day period, and testing before may be falsely negative. They should remain excluded from work and remain on quarantine for 14 days.

What should I do?

If your results are positive...
Stay home and follow CDC guidance on steps to take if you are sick. If you are a healthcare or critical infrastructure worker, notify your work of your test result.

*If your results are positive, someone from the health department will be in contact with you.*

If your results are negative...
If you have symptoms, seek medical advice about staying home and if you need to get tested again. If you don’t have symptoms, you should get tested again only if your medical provider and/or workplace tells you to. Make sure to take steps to protect yourself and others.