

Instructions after COVID-19 testing at the Carroll County Agriculture Center

- Your test will be sent to a private lab.
- You will be contacted with your results within the next week (time may vary based on the number of tests being run by the lab).
- If you are being tested due to symptoms of COVID-19, you should ISOLATE until your test results have come back.
- If you are being tested due to close contact with someone who tested positive for COVID-19, you should QUARANTINE for a full 14 days regardless of your test results.
 - Even if you test negative before 14 days are over, you may still have COVID-19.
 - It can take up to 14 days to build up enough virus to test positive or feel sick.
- Instructions for isolation and quarantine are very similar. You isolate when you are ill; you quarantine when you are exposed. Following isolation/quarantine guidelines is essential to protect others from the virus:
 - When at home, stay separated from other people and pets.
 - Household members should use a separate bedroom and bathroom, if available.
 - Avoid sharing personal household items.
 - Make sure that shared spaces in the home have good air flow (open windows, AC).
 - Clean all surfaces (kitchen, living space, and bathrooms) every day.
 - Don't allow visitors unless there is an essential need to have them in your house.
 - Rest and drink a lot of water.
 - Cover your coughs and sneezes and throw all tissues into the trash.
 - Clean your hands often with soap and water.
 - Wash laundry thoroughly.
 - Monitor your symptoms; call your doctor to report any new or worsening symptoms.
 - If you must call 911 or visit your doctor, call ahead and inform them you have been tested for COVID-19 and are waiting for test results.

Please note:

- **A negative test result does NOT mean you can be released from quarantine.** This is because it can take from 2-14 days to build up enough virus in your system to test positive or feel sick.
- **If you are being tested for travel, work, school, or other reasons, limit your activity outside the home as much as possible until you receive your results.**
- **Remember the test shows if you have a COVID-19 infection on the day you were tested.**

If you have general questions or need to talk with Carroll County Health Department staff, you may call the CCHD COVID call center at 410-876-4848. **They will not have your test results.**

Visit our contact tracing page for more information: <https://cchd.maryland.gov/covid-19-contact-tracing/>

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