

## General Instructions after COVID19 Test

**DHCHD will be testing you for COVID-19 today. You and any people you have been in close contact with should isolate until the results are known. You will be able to get your results from the provider that ordered your test or from the patient portal on the hospital site. [Dallam Hartley Counties Hospital District \(dhchd.org\)](http://www.dhchd.org)**

**If your result is positive you will be required to notify people you have been in close contact with over the last 14 days. They can contact their primary care provider to obtain a testing order if desired.**

- **Signs and symptoms** of COVID-19 can include fever, chills, cough, shortness of breath, fatigue, muscle aches, headache, loss of taste or smell, sore throat, nasal congestion or excessive drainage, vomiting or diarrhea, and skin rashes.
- Some patients with COVID-19 may progress to shortness of breath and respiratory distress **about one week after** symptom onset.

**Persons with COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 10 days have passed since symptom onset **and**
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
- Other symptoms have improved.

[Ending Home Isolation for Persons with COVID-19 Not in Healthcare Settings | CDC](#)

**If you have worsening symptoms contact your primary care provider or the emergency department if you do not have a primary care.**

**The Dalhart call center phone number is 806-244-5668.**

## If You Are Sick or Caring for Someone

Getting vaccinated prevents severe illness, hospitalizations, and death. Unvaccinated people should get vaccinated and continue masking until they are fully vaccinated. With the Delta variant, this is more urgent than ever. CDC has updated [guidance for fully vaccinated people](#) based on new evidence on the Delta variant.

If you've been fully vaccinated:

- You can resume activities that you did prior to the pandemic.
- To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of [substantial or high transmission](#).
- You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at [increased risk for severe disease](#), or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- If you [travel in the United States](#), you do not need to get tested before or after travel or self-quarantine after travel.
- If you've had [close contact](#) with someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.