What to Do After You Get Your **COVID-19 Test Result**

Please see the below information on what to do after you get COVID-19 test results. If you have questions or test positive for COVID-19, **contact your doctor.**

> For the most up-to-date information, please visit **BMC.org/covid-19**

If you test POSITIVE for COVID-19:

- If you used an at-home test, please call your doctor to tell them your test result. They can give you more information about what to do next.

- Follow isolation guidance – staying home and staying away from others you live with if possible – from the Massachusetts Department of Public Health. You can find the latest guidance on Mass.gov.

- Depending on your age, risk factors for developing severe COVID-19, and other criteria, you may be able to get antiviral or monoclonal antibody treatment. These treatments can significantly reduce your chance of getting very sick or having to be hospitalized from COVID-19. They work best when you take them 1-10 days after your first symptoms, so it's important to call your provider as soon as you have a positive at-home (antigen) test result.

  - If you got a PCR (lab) test at BMC and are eligible for COVID-19 treatment, someone will call you to follow up.

  - See the back of this page for more information about COVID-19 treatment.

If you test NEGATIVE for COVID-19:

- If you tested negative and don't have symptoms or a known exposure, no further action is needed. Please continue to follow all public health guidelines and requirements, such as wearing a mask when you're in an indoor public space.

- If you test negative on an at-home test but have symptoms of COVID-19, you should get a PCR test or test yourself at home a few days after the first negative test. You can also call your provider for more information.

If your symptoms get worse please call your primary care doctor

Get medical help right away if you experience any of the following:

- You have worsening shortness of breath or problems breathing
- Chest pressure or pain that doesn't go away
- New confusion or inability to wake up
- Bluish lips or face

? Frequently Asked Questions About COVID-19 Treatments:

What treatments does BMC have?

BMC has both oral antiviral treatments and monoclonal antibody treatment available. Oral antiviral treatments can be taken at home, while monoclonal antibody treatment is an intravenous (IV) medication given at BMC.

How do I know if I can get COVID-19 treatment?

You can get antiviral or monoclonal antibody treatment for COVID if you have mild to moderate COVID-19 and:

- Are unvaccinated
- Are 65 years old or older
- Are immunocompromised
- Have certain conditions, including cardiovascular disease, lung disease, kidney disease, liver disease, diabetes, mental health conditions, or neurodevelopmental disorders

- Have a BMI over 30
- Are a current or former smoker
- Have a substance use disorder
- Have had a stroke

Talk to your doctor to learn more and find out if you can get treatment.

How do we know these new treatments are safe or that they work?

These medications are new to treat COVID, but they're not new for treating viruses. They have been proven effective to help with preventing any mild COVID-19 symptoms (such as shortness of breath, fatigue, chills, fever, muscle aches, etc.) that are also seen in other viral infections. And they've been tested specifically in people with COVID-19 and have been shown to work.

Can I wait and see if I get worse before being treated?

No. The sooner you start treatment, the more effective these medications are, and your chances of avoiding serious illness from COVID-19 are much better. Treatment is most effective when oral antivirals are started between one to five days of your first symptoms and when monoclonal antibodies are started one to 10 after your first symptoms.

In addition, every case of COVID-19 is different, and you can become very sick very quickly. If that happens, you might not be able to get any of these treatments.

COVID-19 isn't that bad. Why should I get treatment?

Many people only have mild symptoms of COVID-19. But if we offer this treatment to you, it's because you're at a higher risk of developing severe COVID-19. If you get severe COVID-19, you could get very sick, be hospitalized, and have a higher risk of dying from COVID-19.

Do these medicines even work on the Omicron variant?

Paxlovid, molnupiravir and bebtelovimab are effective against Omicron as well as the new Omicron variant (BA.2).

Should I get vaccinated even if I have COVID-19 or after COVID-19 treatment?

Yes! Getting vaccinated is still the best way to protect yourself against getting COVID-19, even if you've had COVID-19 before. If you get monoclonal antibodies, you'll need to wait 90 days after your treatment to get vaccinated.