

Your health is our priority.

Now that you have taken your COVID-19 test, what's next?

If you received a PCR test, your results could take a few days and will be made available in MyOchsner. If you do not have a MyOchsner account, our care team will give you a call with your results.

In the meantime, please continue infection control precautions, such as covering your mouth when coughing, washing hands frequently and minimizing contact with others.

If you've tested positive for COVID-19:

If you have tested positive for COVID-19, please enroll in Ochsner's free COVID-19 Self Care and Symptom Monitoring Program by completing a quick form in MyOchsner. For patients and community members who already have a MyOchsner account, log-in to MyOchsner and search for the "COVID-19 Self-Care and Symptom Monitoring Program."

If you've tested negative for COVID-19 but experiencing symptoms or not feeling well:

- **Take infection control precautions.** We encourage you to stay home if you're not feeling well and recommend that you wear a mask when you're around others outside of your immediate household.
- **Consider a virtual visit.** See a provider 24/7 with a convenient virtual visit. For more information or to download the app, visit ochsner.org/anywhere.

If you need assistance enrolling in the **Self Care and Symptom Monitoring Program** or if you have any other questions, the following resources are available:



COVID-19 FAQ and Resources

If you have questions or need additional information regarding the next steps you should take, visit ochsner.org/resources



Symptom Monitoring Program

For step-by-step instructions on enrolling yourself in the Ochsner's COVID-19 Self-Care and Symptom Monitoring Program, visit ochsner.org/selfcare



COVID-19 Hotline

If you have any additional questions, please call our free COVID-19 information line at **844-888-2772**.



Ochsner On Call

If you're having symptoms and need to speak to one of our specialized registered nurses, call **800-231-5257**.

