



What to Do After Receiving COVID-19 Test Results

Oklahoma Schools COVID-19 Prevention Program

Post-Testing COVID-19 Guidance for Parents

After your child participates in COVID-19 testing, you will be notified privately of their test result via the phone number on file with your school.

For a Negative Result

Approximately one hour after the test result is entered, a HIPAA-compliant text will be sent to the cell number on file of the student being tested (parent/guardian cell number for minors) with instructions on how to access the test result. Instructions also will be sent to the email address on file, which will include a link to a secure portal to access a letter from the Oklahoma Commissioner of Health.

For a Positive Result

If a student tests positive, the school will notify the student or their parent/guardian by calling the number on file. Approximately one hour after the test result is entered into the State Infection Reporting System (SIRS), an email will be sent to the address of the parent/guardian on file with a link to a secure portal to access a letter from the Oklahoma Commissioner of Health.

- You may seek a confirmatory COVID-19 PCR test for the student through a health care provider, laboratory or local County Health Department. Additional testing is NOT required, however.
- Any additional testing should occur within 48 hours of the initial test.
- The result of the PCR test may take up to 72 hours to be reported to you.
- Please follow the information below while you wait for the PCR test result.

All positive COVID-19 tests will be reported to the Oklahoma State Department of Health (OSDH) through SIRS. OSDH will contact you at the phone number on file with your school by text message (866.730.6849) or phone call (405.522.0001). If you prefer to speak with OSDH directly prior to receiving a text message or phone call, you may call them at 405.522.0001.

Below, please see an example text message that is similar to what OSDH will send:

Example Text Message

[Client initials]; The Oklahoma State Department of Health would like to contact you regarding your health. I give consent to receive text messages from OSDH. I understand that the information I provide is voluntary. For more information, please visit <https://oklahoma.gov/COVID19.html>. Please reply Yes or No.

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We strongly recommend you do the following after receiving your positive test result to keep your family and those around you safe from COVID-19:

- **Notify close contacts.** Tell anyone you have exposed about your positive test result. Refer them to the quarantine guidance on the Oklahoma State Department of Health website at <https://oklahoma.gov/covid19/what-you-should-know/isolation-and-quarantine-guidance.html>.
- Stay home and isolate for 5 days from onset of symptoms and until symptoms are improving and you are fever free, without the use of fever reducing medication, for at least 24 hours.
- If symptoms never develop, stay home for 5 days following the date of your test.
- After returning to normal activities, it is recommended to wear a well-fitting mask for 5 additional days when around other people.
- We recommend for individuals who are unable to wear a mask to isolate for 10 days or avoid situations that make it challenging to wear a mask (e.g. gym, restaurants, lunch with co-workers, etc.).

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