Patient Information after COVID-19 Testing

If you have any questions when you receive your results, please contact your PCP. Testing is recommended 5-7 days after close contact to someone with COVID, even if you do not have symptoms. Symptoms of COVID-19 may include muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, vomiting, loss of taste or smell, vomiting or diarrhea. As of today's, visit, you are well enough to go home and treat your symptoms with rest, oral fluids, medicines for fevers, cough, pain, etc.

1. **Quarantine** if you have been in close contact (within 6 feet, for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19.

    a. **Quarantine means staying home for 14 days after your last contact with the COVID positive person.** This includes stay away from people you live with. If you must leave for essential items, wear a mask and limited your time in public. Monitor for symptoms of illness.

    b. **People who are fully vaccinated or who recovered from COVID within the past 90 days**, do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms of illness. Wear a mask indoors in public for 14 days following exposure or until test result is negative. If symptoms develop isolate from others and get tested for COVID.

    c. **If you are not a close contact** to a COVID positive person, and were tested for other reasons, (Pre-procedure, for travel, etc.) you do not need to quarantine, unless directed otherwise.

2. **If your Test is POSITIVE:**

    a. Result is **positive and you had symptoms** of illness– Isolate from others. Isolation can end:
        i. 10 FULL days since symptoms first appeared AND
        ii. 24 hours without a fever without the use of fever reducing medications AND
        iii. Other symptoms are improving.
        *Loss of taste/smell may be present for weeks/months and therefore should not delay the end of isolation. **Those that are severely immunosuppressed or who developed severe illness, may require a 20-day isolation period.**

    b. Result is **positive and you did NOT develop symptoms** of illness- isolate from others. Isolation can end:
        i. 10 full days after test collection date

3. **If your Test is NEGATIVE:**

    a. Result **is negative AND you were in close contact to a COVID-19 positive person, but did not develop symptoms** of illness, quarantine for 14 days from exposure date and continue to monitor for symptoms. If symptoms develop, you may need to be retested.
    *People who are fully vaccinated or who recovered from COVID in the past 90 days do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms of illness.

    b. Result is **negative AND you were in close contact with COVID-19 positive person AND did develop symptoms** of illness, quarantine can end:
        i. 10 FULL days since symptoms first appeared AND
        ii. 24 hours with no fever without the use of fever reducing medications AND
        iii. Other symptoms are improving.
        *Fully vaccinated people can end quarantine when no fever for 24 hours without the use of fever reducing medications AND other symptoms are improving OR if an alternative diagnosis was given.

    c. Result is **negative and you were NOT in close contact to a COVID-19 positive person, but did develop symptoms** of illness, quarantine can end when:
        i. symptoms are improving AND
        ii. Without fever for 24 hours without the use of fever reducing medication.

    d. **Result is negative AND you were NOT in close contact with COVID-19 positive person AND you did NOT develop symptoms** of illness (tested for other reasons), quarantine is not indicated.

Prior to your test results returning, if you have worsening symptoms including severe shortness of breath, seek medical attention immediately. Wear a facemask prior to entering any healthcare facility.

For patients with MyChart: A result of "DETECTED" means the virus was detected and you are positive for COVID-19.
A result of "NOTDET" means the virus was not detected and you do not have COVID-19 at this time.

SELF- ISOLATION and HOME QUARANTINE INSTRUCTIONS

**Stay home except
to get medical care**
You should restrict activities outside your home, except for getting medical care. Only get medical care if it is absolutely necessary. It would be appropriate to receive medical care for your viral illness if the symptoms of your illness were worsening significantly (high fever, worsening shortness of breath). If you need to seek medical care, you should let the medical facility know prior to going there that you have symptoms of COVID-19 and have been tested. Wear a mask anytime you seek care if a mask is available. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.
Patients that are severely ill or severely immuno-compromised may require 20 days of isolation.
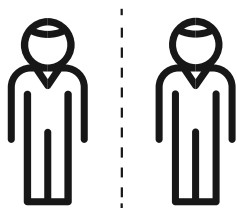
Separate yourself from other people and animals in your home
People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
Animals: You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask. See COVID-19 and Animals for more information.

Wear a facemask
You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

Clean your hands often
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items
You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Cover your coughs and sneezes
Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands.

**Clean all "high-touch"
surfaces every day**
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

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