



GUIDANCE FOR CARE AND ISOLATION AFTER TESTING

FACT SHEET

Updated April 28, 2020

COVID-19 test results take between 1-5 days depending on the demand for testing. You will be notified of your test results by your healthcare provider as soon as they become available. Until then, you should follow these recommendations:

Remember, the **great majority** of patients who become infected with COVID-19 experience symptoms similar to the common cold or the flu and are able to manage their symptoms at home. To **treat your symptoms**, it is recommended you use the **same medications you would use to treat symptoms of a cold or flu**. In addition, you should **isolate, at home**, and follow the prevention steps below to limit the potential spread of illness.

STAY HOME EXCEPT TO GET MEDICAL CARE

- Restrict activities outside your home unless you need to seek medical care
- Do not go to work, school, or public areas
- Avoid using public transportation, ridesharing, or taxis

SEPARATE YOURSELF FROM OTHER PEOPLE AND ANIMALS IN YOUR HOME

- Stay in a specific room and away from other people in your home as much as possible
- Use a separate bathroom, if available
- Restrict contact with pets while you are sick.
 - *There have been no reported cases of transmission from people to animals but until more is known it is recommended you avoid contact with your pets*

CALL AHEAD BEFORE VISITING YOUR DOCTOR

If you feel you need to see your doctor or have an existing medical appointment, call the healthcare provider and tell them that you have, or may have COVID-19. This will assure the healthcare provider's office can take steps to keep other people from getting infected or exposed.

WEAR A FACEMASK

Wear a facemask when you are around other people. This includes:

- Sharing a room
- Sharing a vehicle
- Around your pets
- Before you enter a healthcare provider's office

NOTE: If for some reason you are not able to wear a facemask, those around you should.

COVER YOUR COUGHS AND SNEEZES

- Cover your mouth and nose with a tissue when you cough or sneeze
- Discard used tissues in a lined trash can
- Immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol

CLEAN YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds or, if soap is unavailable, use an alcohol-based hand sanitizer with at least 60% alcohol. Clean your hands frequently, but especially:

- After blowing your nose
- After coughing
- After sneezing
- After going to the bathroom
- Before eating or preparing food

AVOID SHARING PERSONAL HOUSEHOLD ITEMS

Do not share dishes, utensils, cups, towels, bedding. After using these items, they should be washed thoroughly with soap and water.

CLEAN ALL “HIGH-TOUCH” SURFACES EVERYDAY

Clean high-touch surfaces after contact. Use a household cleaning spray or wipe, according to the label instructions. High touch surfaces include:

- Counters
- Tabletops
- Doorknobs
- Bathroom fixtures
- Toilets
- Phones
- Keyboards
- Tablets
- Bedside tables

MONITOR YOUR SYMPTOMS

Your healthcare provider has recommended home isolation because your current symptoms are considered **mild**. **In the event your symptoms worsen, seek prompt medical attention.**

Watch for the following symptoms and emergency warning signs*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

**This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.*

REMINDER: If your healthcare provider recommends you go to the clinic or hospital for further evaluation, put on a facemask **before** you enter the facility. These steps will help keep other people in the office or waiting room from getting infected or exposed.

ALSO, if you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

