

Novel Coronavirus (COVID-19) Post Test Instructions

This visit is for testing only, if you have any questions about your health or would like to discuss any medical conditions, please consult your primary care physician.

You have been referred for COVID-19 testing. Your results should be available in 2-3 days. The healthcare provider office that ordered this test will be contacting you with the results of the test, and will make every effort to contact you whether the results are positive or negative.

Please follow the precautions below:

- Stay home except to receive emergency medical care.
- As advised by the Centers for Disease Control and Prevention (CDC), we recommend that you and everyone in your household stay in your home and minimize contact with others to avoid spreading this infection.
- The elderly or anyone with significant medical issues may have more severe symptoms from this infection. We recommend separation, also known as self-isolation, for at least 14 days after your first day of symptoms and several more after that if you are still experiencing symptoms. The most important action is to wait for at least a week after you are feeling well (free of symptoms) before returning to your regular activities such as work, school, or shopping for essentials. If you find that you are unable to eat or drink enough to meet the daily requirements, have severe vomiting or diarrhea, increased fatigue or weakness, worsening of cough, new onset of fever, or sore throat you may need to contact your primary care provider (PCP) for re-evaluation. If you begin to experience difficulty breathing to the point of not being able to carry on a conversation without becoming winded or having chest pain (other than when you are coughing), you need to seek emergency medical care at your nearest emergency department (ED).
- If you are considered a healthcare worker with direct patient care (i.e. Hospital, Home Health, Nursing Home, EMS, Hospice, etc.) we recommend you follow your facility's policies and procedures if you are asymptomatic (free of symptoms). Please contact your direct supervisor if you have been tested for COVID-19 to receive your instructions regarding the facility's regulations. If you develop any new symptoms, please contact your supervisor and your PCP for further evaluation and testing.
- You should restrict activities outside your home except for receiving necessary medical care. Do not attend work, school, grocery stores, doctors' appointments (unless directly related to onset of symptoms), restaurants, or drive-thru fast food. Avoid using public transportation, ride-sharing, or taxis.
- Separate yourself from other people and animals in your home.



- As much as possible, you should stay in a specific room and away from other people in your home. If possible, use a separate bathroom as well.
- Do not handle pets or other animals while you are sick.
- Avoid sharing personal household items. You should not share dishes, drinking glasses cups, eating utensils, towels, or bedding with other members of your household or pets. After using these items, they should be thoroughly washed with soap and warm water.
- Clean all “highly-touched” surfaces multiple times a day including counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, bedside tables, light switches, and faucet handles. If any surface has blood, stool or bodily fluids on them, clean with household cleaning agents. 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 ensuring you have proper ventilation during the use of the product.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water is not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60%-95% alcohol, covering all surfaces of your hands and rubbing them together in circular motions until dry. Soap and water is preferred if hands are visibly dirty.
- Avoid touching your face, especially your eyes, nose and mouth.
- Cover your coughs and sneeze with the bend of your elbow.
- 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 with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60%-95% alcohol, covering all surfaces of your hands, using circular motions, and rubbing them together until they are dry. Soap and water is the preferred method if hands are visibly dirty.
- When seeking care at a healthcare facility:
 - Seek prompt medical attention if your illness is getting worse (i.e. difficulty breathing, chest pain (not from coughing)).
 - 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, ED, or waiting room, from being exposed and possibly infected.
 - If you call for an ambulance to assist you at your home, put on a facemask, if possible, before emergency services arrive.

Please see the resources below for more information:

General Facts

www.cdc.gov/coronavirus/2019-nCoV/index.html

CDC Frequently Asked Questions about Coronavirus

www.cdc.gov/coronavirus/2019-nCoV/faq.html

USA Health Coronavirus Information

www.usahealthsystem.com/COVID-19

Alabama Department of Public Health Coronavirus Call Center 1-888-264-2256

