

SARS-CoV-2/Coronavirus (COVID-19) Post-Testing Instructions

During this visit you were tested for COVID-19. If you have any questions about your health and desire to discuss any medical condition, please consult your primary care physician.

Your results may take up to 7 days to return. Your healthcare provider/office that ordered the test will be contacting you with the results of the test and will make every effort to contact you for both negative and positive results.

Please follow the precautions below:

- Stay home, except to get medical care.
 - Prior to your visit, call your doctor's office and let them know that you have been tested for COVID. This is so they can have appropriate precautions when they see you.
 - Do not go to school, work, or public areas.
 - 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. Also, you should use a separate bathroom, if available.
 - Do not handle pets or other animals while sick.
- 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.
- 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 should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a tissue or your elbow
 - Throw 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, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Clean all "high-touch" surfaces every day.
 - High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

SARS-CoV-2/Coronavirus (COVID-19) Post-Testing Instructions

- 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.
- **If your child is using diapers, know that the virus can be excreted in the stool for 4 weeks. As a result, discard the diapers in a plastic bag in a safe environment only and wash your hands with water & soap for at least 20 seconds.**
- Monitor your symptoms and seek prompt medical attention if your illness is worsening (eg difficulty breathing). When seeking medical care:
 - If possible, put on a facemask before you enter the facility or before emergency services arrive.
 - These steps will help protect other people from getting infected or exposed.

Please see the resources below for more information.

- General Facts: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- How to properly wash hands (and more tips):
<https://www.usahealthsystem.com/covid-19-prevention#handwashing>
- CDC Frequently asked questions about coronavirus:
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- USA Health Coronavirus Information: <http://www.usahealthsystem.com/COVID-19>
- Alabama department of Public health Coronavirus Call Center 888-264-2256