CFM

CENTER FOR FAMILY MEDICINE

WHO SHOULD GET TESTED FOR COVID-19?

If you are in close contact with someone with COVID-19 or you are a resident in a community where there is an ongoing spread of COVID-19 **AND** you develop symptoms of COVID-19, call your healthcare provider and tell them about your symptoms and your exposure.

They will decide whether you need to be tested.
- Keep in mind that there is no treatment for COVID-19.
- People who are mildly ill may be able to isolate and care for themselves at home.

Symptoms of COVID-19
- Reported illnesses have ranged from mild symptoms to severe illness and death.
- The following symptoms may appear **2-14 days after exposure.***
  o Fever
  o Cough
  o Shortness of breath

If you develop **emergency warning signs** for COVID-19, get **medical attention immediately**. Emergency warning signs include*:
- *Difficulty breathing or shortness of breath*
- *Persistent pain or pressure in the chest*
- *New confusion or inability to arouse*
- *Bluish lips or face*

Please consult your medical provider for any other symptoms that are severe or concerning.

Priorities for testing at this time may include:
- Patients in the hospital who have signs and symptoms of COVID-19.
- Other people with symptoms who are higher risk such as, older adults and individuals with chronic medical conditions and/or an immunocompromised state that may put them at higher risk for poor outcomes.
  o Diabetics, heart disease, receiving immunosuppressive medications, chronic lung disease, chronic kidney disease).
- Any persons, including healthcare personnel, who within 14 days of symptom onset had close contact with a suspect or laboratory-confirmed COVID-19 patient.
- Anyone who has a history of travel from affected areas within 14 days of their symptom onset.

How is the test done?
You will be asked to tip your head back and a"Q-tip"-like swab is placed in your nose. It's definitely not fun or comfortable, but fast.

Can a person test negative and later be positive for COVID-19?
- In a person who does not have symptoms, a negative result means that the virus was not found in the person at the time the sample was taken. In the early stages of infection, it is possible the virus will not be detected.
- In a person who has symptoms, a negative test result likely means that the COVID-19 virus is not causing their current illness.

WHAT TO DO IF YOU GET SICK?

If you get sick with
- fever (100.4°F/38°C or higher),
- cough,
- or have trouble breathing:
  - Seek medical care.
    - Call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.
- If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.

WHAT DO I DO IF TOLD TO STAY AT HOME?
WHEN CAN I GO BACK TO WORK?

People with confirmed or suspected COVID-19 who do not need to be hospitalized _OR_ People with confirmed COVID-19 who were hospitalized and determined to be medically stable to go home:
You should:
- Restrict activities outside your home, except for getting medical care.
- Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.
- 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.
- Wear a facemask when around other people in your home.
- Wash your hands and surfaces in your home many times a day.
- Cover your coughs and sneezes.

When can I go back to work or not have to isolate myself anymore?
- **Persons with COVID-19 who have symptoms** and were told to care for themselves at home may stop home isolation after:
  - At least 3 days (72 hours) have passed *since last had a* fever without the use of fever-reducing medications **and** improvement in cough, shortness of breath **PLUS**
  - At least 7 days have passed *since symptoms first started*

- **People with laboratory-confirmed COVID-19 who have not had <u>any</u> symptoms** may discontinue home isolation
  - When at least 7 days have passed since the date of their first positive COVID-19 diagnostic test AND
  - Have had no subsequent illness