

## COVID-19 Instructions - Guidance for Patients Referred to Call-Ahead Testing

### **IF YOU HAVE BEEN SENT FOR TESTING:**

Based on your symptoms we are sending you for testing to determine if you have the coronavirus/COVID-19. Prior to the test and until you are notified about your results please follow these instructions:

- **Stay home except to get medical care:** 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.
- **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. You should avoid visitors. You should also restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.
- **Call ahead before visiting your doctor:** If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19.
- **Wear a facemask:** You should wear a facemask when you are around other people
- **Cover your coughs and sneezes:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Clean your hands often:** Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands. Your household members should also wash their hands frequently.
- **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 all “high-touch” surfaces everyday:** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe, according to the label instructions.
- **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. 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.
- **For other people in your house:** They should wear a disposable facemask and gloves when they touch or have contact with your blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine. Throw out disposable facemasks and gloves after using them. Do not reuse. When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.

Resources to Reference: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>