Covid Negative Letter

07/16/20

We are contacting you with your COVID-19 test results. Your test is NEGATIVE for COVID-19.

Lab Results

Component	Value	Date
COVID19	Not Detected	07/15/2020

Though your test result is negative, it is possible that you were very early in the infection at the time you were tested and could test positive later, or you could be exposed later and then develop illness.

Drop downs:

Symptomatic
- Please continue to isolate yourself in your home for 24 hours after your symptoms are gone without the use of fever reducing medications.

Exposure
- Please continue to isolate yourself in your home for 14 days since your last known contact with COVID-19 positive person and monitor yourself for any COVID-19 symptoms.

Travel/appt/procedure
- Out of state travelers must quarantine for 14 days

All patients are advised to wash your hands often, cover your coughs and sneezes, wear a mask in public and continue social distancing all per CDC guidelines

If you have symptoms and they worsen, please contact your primary care provider.

If you do not have a primary care provider, we encourage you to call 855-UMASSMD to establish care.

If you continue to feel unwell and do not have a primary care provider or health insurance, you can call Care Well Urgent Care at 774-420-2111 or go to a Care Well near you.

Seek immediate medical attention in the Emergency Room if you develop any of these symptoms: difficulty breathing, chest pain, unable to eat or drink enough, or have severe vomiting, diarrhea or weakness. Call ahead prior to going to the Emergency Room, if possible.

For more information from the Massachusetts Department of Public Health, visit their website: https://www.mass.gov/doc/stop-the-spread-of-germs-respiratory-diseases-like-flu-and-covid-19/download
CDC: what you need to know: https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf

Covid Positive Letter

07/16/20

We are contacting you with your COVID-19 test results. Your test is POSITIVE for COVID-19.

Lab Results

Component	Value	Date
COVID19	Detected	07/15/2020

Drop down
Repeat positive

symptoms have been resolved for > 10 days; no longer contagious and clearance criteria is met.

Initial positive

We recommend taking the following precautions to keep you and your community healthy and safe:

1. Please continue to isolate yourself in your home for 10 days since your symptoms started or 24 hours after your symptoms are gone without the use of fever reducing medications, whichever is longer. Your city or town's Department of Public Health (DPH) will likely be contacting you regarding self-quarantine instructions and when to discontinue home isolation precautions. The DPH will help decide when you may return to work. Healthy people in your home or who have been in close contact with you will need to self-quarantine for 14 days and contact their primary care provider (PCP) if they develop any symptoms.
2. You should isolate yourself in a specific room in your home and stay away from other people in your home as much as possible. Use a separate bathroom if available. Avoid visitors. Wash hands often. Cover your mouth when you cough or sneeze. Avoid sharing personal household items. Clean all commonly touched surfaces every day and restrict contact with pets and other animals.
3. Please monitor your symptoms and contact your PCP if your symptoms worsen or you have any other medical concerns.
4. If you do not have a PCP, we encourage you to call 855-UMASSMD to establish care.
5. **If you continue to feel unwell and do not have a primary care provider or health insurance**, you can call Care Well Urgent Care at 774-420-2111 or go to a Care Well near you.
6. Seek immediate medical attention in the Emergency Room (ER) if you develop any of these symptoms: difficulty breathing, chest pain, unable to eat or drink enough, or have severe vomiting, diarrhea or weakness. Call ahead prior to going to the Emergency Room, if possible.
7. Stay home except to get medical care to minimize contact with others to avoid spreading this infection.
8. Wear a face mask, if you must go to the ER or a physician's office.

For more information from the Massachusetts Department of Public Health, visit their website:
https://www.mass.gov/doc/10-tips-for-at-home-quarantine-or-self-monitoring/download
CDC website resource: what you need to know:
https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf

Covid testing

Based on your condition we are sending you for testing to find out if you have the coronavirus/COVID-19. Beginning now, and through the time that we let you know your results, we ask that you protect others by carefully following the steps below. This involves removing yourself from others wherever possible, and using these other protective measures. Before your test was taken and until we let you know your results we ask that you remove yourself from others.
Please follow the information below:

- **Stay home unless you need to get medical care:**
  - You should stay home from work, school, and public places.
  - Do not use public transportation, ride-sharing or taxis.
  - Try not to go outside your home, unless you need medical care.
- **Separate yourself from other people and animals in your home:**
  - Stay in your own room and away from other people in your home.
  - Use a separate bathroom, if possible.
  - Do not have visitors.
  - Do not have 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 an appointment, call your doctor or care provider and tell them that you have or may have COVID-19.
- **Wear a facemask:**
  - If you need to be around other people in or outside of the home, wear a facemask.
- **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 (sing the happy birthday song) or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering your hands and rubbing them together until they feel dry.
  - Do not touch your eyes, nose, and mouth with unwashed hands. Those living in in your house should also wash their hands often.
- **Do not share your personal items:**
  - You should not share dishes, drinking glasses, cups, forks spoons and knives, towels, or bedding with other people or pets in your home.
  - After using these items, they should be washed with soap and water.
- **Clean all "high-touch" areas everyday:** High touch areas include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe and follow the back of the bottle.
- **Watch your symptoms:**
  - Get medical care right away if you feel that your sickness is getting worse (e.g., trouble breathing).
  - **Before** getting care, call your doctor or care provider and tell them that you have, or have been tested COVID-19.
  - Put on a facemask before you enter the office.

- o If you have a medical emergency and need to call 911, notify the person that answers the phone that you have, or are being tested for COVID-19.
  - o If possible, put on a facemask before the ambulance arrives.
- **For other people in your house:**
  - o Should wear a facemask and gloves that you can throw away when they touch or have contact with your blood, stool, spit, runny nose, vomit and urine.
  - o Throw out facemasks and gloves after using them. Do not use them again.
  - o When taking off your facemasks and gloves, first take off and throw away your gloves. Then, clean your hands with soap and water or alcohol-based hand sanitizer.
  - o Next, remove and throw away your facemask, and clean your hands again with soap and water or alcohol-based hand sanitizer.

The results for the COVID-19 screening test is currently expected to take several days to come back. We will contact you if the test returns positive. Please contact your doctor or care provider if you have any questions.

If your test returns <u>POSITIVE</u>:
- **Stay at home until you are told to leave:**
  - o Patients with confirmed COVID-19 should stay under home isolation until the risk of passing the virus unto others are thought to be low.
- **We will notify the Department of Public Health (DPH)**
- **Talk to your doctor or care provider or public health officials:**
  - o Stopping home isolation is made on a case-by-case, in which we talk with healthcare providers and state and local health departments.
- **Notify your employer:** They may have rules related to time away from work and return to work.

If your test returns <u>NEGATIVE</u>:
- Continue home isolation until your symptoms have stopped for at least 24 hours. If you have any continued questions, please reach out to your healthcare provider.

Resources:
- CDC What to do if you are sick: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html
- CDC What you need to know: https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf

Positive return to work

To Whom it May Concern:

@NAME@ @DOB@ is a patient at UMass Memorial Health Care. @NAME@ is either reporting symptoms that are possibly consistent with a coronavirus infection or has had contact with someone who has been diagnosed with coronavirus infection. Based on recent CDC guidelines, we have advised @NAME@ to remain home at this time and self-quarantined at this time. She may be able to return to work by ***.

Negative return to work

To Whom it May Concern:

@NAME@ @DOB@ is a patient at UMass Memorial Health Care. Based on recent CDC guidelines, we have advised this person to remain home until they are asymptomatic for 72 hours without the use of fever-reducing medications. If you were exposed to someone who tested positive, you should be quarantined for 14 days.   @NAME@ is ok to return to work on *** if they remain asymptomatic.

Discontinue:
Covid19triage
Covid19resultnegative
Covid19resultpositive
Covid19resultvm (voicemail)
Covid19homemonitoringvm
Covid19result
Communications list
Eng neg result, Spanish and Portuguese
Eng pos result, Spanish and Portuguese