**UMassMemorial
HealthAlliance-Clinton Hospital**

COVID-19 Instructions- Guidance for Patients NOT Referred for Testing

IF YOU HAVE NOT BEEN SENT FOR TESTING:

Based on your symptoms, we didn't feel that you required testing for the coronavirus/COVID-19. You still may be at risk for COVID-19. COVID-19 testing isn't performed on most people with mild symptoms who are being discharged from the emergency department or clinic. Here's some advice to help:

- **Stay home except to get medical care.** You should restrict activities outside your home, except for getting medical care. Don't go to work, school or public areas. Avoid using public transportation, ride-sharing and 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, just like you would around other people.**

- **Call ahead before visiting your doctor. I**f you have a medical appointment, call the health care provider, and tell them that you may have COVID-19.

- **Wear a facemask.** You should wear a facemask when you're around other people.

- **Cover your coughs and sneezes.** Cover your mouth/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 shouldn't 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 every day.** 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 health care provider, and tell them that you may have 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 may have 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, or urine. Throw out disposable facemasks and gloves after using them. Don't 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 your facemask, and immediately clean your hands again with soap and water, or alcohol-based hand sanitizer.