



IMMEDIATE HEALTH

Urgent Care Centers

Discharge Instructions for Respiratory Symptoms & Covid-19 Testing

WHEN CAN I EXPECT MY TEST RESULTS?

We have 2 types of testing:

1. Rapid test is naso-pharyngeal Antigen test. The test takes about 30-40 minutes to run. You may request a hard copy of your test or it can be texted to you.
2. PCR tests is a naso-pharyngeal test that is sent out to the lab as described below:

You have been tested today at an IHA center for COVID-19. These tests are processed by LabCorp. Based on average wait times, we expect your results in _____. Lab results are called to patients each day as soon as we receive them. We respectfully request that you do not call us until the end of the time in which your results are expected to reduce our daily call volumes so we may better serve our patients. If you have any other questions including questions about how to treat your symptoms, please do not hesitate to call us.

You may also be able to view your test results online through Lab Corp's patient portal on the Lab Corp website. If you have trouble accessing your LabCorp patient account, you will need to contact LabCorp's customer service directly at 800-845-6167. IHA is not affiliated with LabCorp and will not be able to assist you with your account.

If you were sent for testing at another hospital testing site, the time to get test results may vary. You should ask the testing site how long their test results are taking and how you should expect to receive the results.

WHAT DOES A POSITIVE TEST RESULT MEAN?

A positive test result means that you have been infected with the COVID-19 virus.

Based on available data, persons infected with the virus are typically contagious for 10 days after onset of symptoms. For this reason, the CDC recommends that you quarantine for **a minimum of 10 days from the time your symptoms started**. You may **return to work or resume social contacts after 10 days if your symptoms are improving, and you have not had a fever for 24 hours (not using fever reducing medications)**. **If you continue to have a fever or persistent symptoms after 10 days, you need to continue to quarantine at home as you may still be contagious. While under quarantine, DO NOT GO OUT OF YOUR HOME UNLESS YOUR CONDITION IS WORSENING.** YOU SHOULD THEN CALL THE ER TO NOTIFY THEM THAT YOU WILL BE COMING TO THE ER OR CALL 911. Wear a mask.

Your local Health Department will likely contact you. Their instructions on quarantine supersedes these instructions.

WHAT DOES A NEGATIVE TEST RESULT MEAN?

A negative test result does **NOT** necessarily rule out infection with COVID-19. Based on available data, it can take 2–14 days from the time of exposure to COVID-19 to develop symptoms or become an infected asymptomatic carrier. This means that depending on when you are tested compared to when you were exposed, you could have a negative test result and still be infected with COVID-19.

The most reliable time to get testing if you have had exposure to a person who tested positive is Day 4-5 after that exposure. The most reliable time to have a COVID-19 test once you have developed symptoms is after 3-4 days. This allows enough of the virus to infect the nasal passages, so it is more reliably detectable.

- **If you have symptoms of COVID-19**, the CDC recommends that you quarantine for **a minimum of 10 days** from the time your symptoms started. You may return to work or resume social contacts after **10 days as long as your symptoms are improving, and you have not had a fever for 24 hours (not using fever reducing medications)**. Symptoms of COVID-19 can

include any of the following: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, and Diarrhea.

- **If you do not have symptoms of COVID-19, have no known exposure, or have had a casual exposure (>6ft from the individual and for less than 15 minutes)** you do not have to quarantine. Always wear a mask in public places, stay 6 feet from other people, use hand sanitizers and wash hands after touching any public objects.
- **If you do not have symptoms of COVID-19 but had a close contact exposure to someone who tested positive for COVID-19, the CDC recommends you stay home for 14 days after your last contact with the person who has COVID-19.** You should watch for symptoms of COVID-19 and stay away from others, especially people who are at higher risk for getting very sick from COVID-19.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

HOW SHOULD I MANAGE MY SYMPTOMS OF COVID?

Regardless of whether you have a positive or negative COVID test, you should treat your symptoms and quarantine the same.

Medications may have been prescribed to help your symptoms or treat a bacterial infection that may develop due to the length of time you have had symptoms. Take these medications as prescribed. Talk to the pharmacist about what over the counter medications can be used to treat your symptoms. Drink plenty of fluids.

You may use Tylenol 650mg (two Regular Strength) - 1000mg (two Extra Strength Tylenol) every 6-8 hours for fever, body aches, chills. No more than 4000mg of Tylenol in 24 hours. The CDC, WHO, FDA find no scientific evidence linking the use of NSAIDs (ibuprofen, Aleve) to worsening condition of COVID-19. If the use of Tylenol (Acetaminophen) works for symptom relief of fever/pain use this first. If you use NSAIDs for chronic pain, do not stop using them until you have spoken with your primary care provider.

If you have been prescribed a nebulizer with medications, it is best to **NOT** do this with family members in the room. This can put the virus into the air, making it easier for the virus to spread.

If you develop worsening symptoms you should be re-evaluated. Worsening symptoms can include persistent fever, worsening shortness of breath or difficulty breathing, generalized weakness, poor eating, worsening body/joint pain. You may call this clinic to discuss symptom progression if you need assistance. If you need to go to the ER, call ahead to let them know you are coming and have worsening respiratory symptoms concerning for COVID. Wear a mask.

Other Considerations:

- Stay 6 feet away from family members. It is best to have a sick room where you will sleep and stay away from others.
- Wash your hands often. Clean surfaces you touch with sanitizing wipes or a bleach solution.
- Wash bedding/towels, clothes separately from family members.
- If possible, have someone take care of your pet while you are ill. If this is not possible, wear a mask while caring for pet. Wash hands before and after touching your pet. Try to not be in your pet's face. Don't allow your pet to be near other pets. Try to maintain 6 feet social distancing for your pets as well.

The CDC no longer recommends a test-based strategy to determine when to discontinue home isolation, except in certain circumstances. It is recommended to use symptom-based criteria as outlined above.