

# COVID-19 testing - Patient information sheet

This information is on the home page of our website [HastingsMed.com](http://HastingsMed.com)

You are being tested today for active infection with COVID-19. This test does *NOT* detect a previous COVID-19 infection. The test is about 95% accurate if you were infected between 5 and 14 days ago. If testing is too early or too late, the results are much less reliable.

People who are symptom free but have had a “close contact” with someone known to have COVID-19 infection should not be tested but should self-quarantine at home for 14 days after contact. See the lower back side of this page for how to self-quarantine.

A “close contact” is defined as

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more.
- 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 to interpret your results:

Viral symptoms with a negative test result: You are unlikely to have COVID-19. Once you are symptom free for 24 hours, you may return to work or school with normal precautions (wearing a mask and keeping the proper social distance).

Viral symptoms with a positive test result: You have COVID-19 and can infect others. You should isolate yourself from others to protect them from spread of the virus. See the information on the back of this page for how to self-isolate. If your symptoms become severe, you may need to be hospitalized. Call your provider or go to the emergency department if your symptoms are rapidly worsening.

## Emergency warning signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

If you are improving, you may return to normal activity with normal precautions (wearing a mask and keeping the proper social distance) 10 days after symptom onset AND at least 24 hours with no fever.

No symptoms with a negative test result: You are unlikely to have COVID-19. You may continue normal activity with normal precautions (wearing a mask and keeping the proper social distance).

No symptoms with a positive test result: You have COVID-19 and can infect others. You should isolate yourself from others to protect them from spread of the virus. See the information on the back of this page for how to self-isolate. If you remain symptom free, you may return to normal activity with normal precautions (wearing a mask and keeping the proper social distance) 10 days after your positive test result.

## Self-Isolation (for active COVID-19 infection):

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.

Call ahead before visiting your doctor. If you have a medical appointment, call the healthcare provider and tell them that you have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

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. Use a separate bathroom, if available.

Wear a facemask. You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you. Others living with you may benefit from wearing a facemask when in the same room.

Cover your coughs and sneezes. Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are the best option if hands are visibly dirty. Others living with you should wash their hands often and avoid touching their eyes, nose, and mouth with unwashed hands.

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. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms. Seek prompt medical attention if your illness is worsening. Emergency warning signs include trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have COVID-19. If possible, put on a facemask before emergency medical services arrive.

---

## Self-Quarantine (after "close contact" with someone with COVID-19):

Stay home for 14 days after your last contact with a person who has COVID-19

Watch for fever, cough, shortness of breath or other symptoms of COVID-19.

If possible, stay away from others, especially people who are at higher risk for severe illness such as the elderly, those with an impaired immune system or people with serious health conditions.