COVID-19 Community Testing
Patient Information Packet

ST LAWRENCE HEALTH
An Affiliate of
Rochester Regional Health

I just got tested… What do I do now?

- ✓ <u>Self-isolate</u> (stay away from others as much as possible), wear a mask, and limit the places you go to reduce exposures while awaiting your results.

- ✓ Consider the reason you were tested. Was it because of close contact, living with someone who tested positive, feeling sick, or before a medical procedure/surgery?

    - o COVID-19 results provide your status on the day you were tested; limiting activities and exposures before receiving your result is very important.

- ✓ Seek medical care right away if your symptoms are worsening. Before going to the doctor's office or emergency room, <u>call ahead and tell them your symptoms</u>. They will tell you what to do.

- ✓ Hospital staff will call you with your results, whether negative or positive. The Public Health Department does not provide test results.

- ✓ If you would like to opt-in to our remote COVID-19 care management program called GetWell Loop, please call (315) 212-1415. More information about GetWell Loop is on the last page of this packet.

Test Results

Although individual turnaround times vary, your COVID-19 test result should be available in 24-48 hours.

If your Result is <u>Negative</u>…

If your result is negative, you will receive a phone call from a hospital representative. If you haven't received a call within 48 hours, please call (315) 261-6240. Due to high call volumes, you may need to leave a message. Please clearly state your full name, date of birth, the date you were tested, and your preferred call-back number.

If your Result is <u>Positive</u>…

If your result is positive, you will receive a phone call from St. Lawrence Health System's Infectious Disease Department and St. Lawrence County Public Health. They will provide detailed instructions for next steps.

Do you need a copy of your COVID-19 result?

Go online to **stlawrencehealthsystem.org/covidrelease**

Select the location of your test. Follow the instructions to complete the medical release form online. The hospital will then process your request and send the result to the destination of your choice.
If you have questions, call the testing hotline at (315) 261-6240 and press "3".

I just found out I tested positive... What is the next step?

- ✓ **Stay Home.** Please continue to isolate away from others, even those within your home (use your own bedroom and bathroom, clean and disinfect regularly, have meals on your own).

- ✓ **Think about what symptoms you are having**. Symptoms may include fever, cough, shortness of breath, congestion, headache, body aches, loss of taste and smell, diarrhea, sore throat, runny nose, and fatigue.

- ✓ **If you have any of the above symptoms:** Please make a list of people you were in contact with and places you have been 48 hours before your symptoms started.

- ✓ **If you do not have symptoms:** Please make a list of people you were in contact with and places you have been 48 hours before your symptoms started.

- ✓ **Please use the QR code below** for a form to list your contacts and their information:

For the fillable form, please visit:
https://www.stlawco.org/sites/default/files/PublicHealth/11-19-20%20Covid%20Pre%20Contact%20Tracing%20Form.pdf

- ✓ **Contact your employer.** You are not able to work until you speak with Public Health.

- ✓ If you have children living in your household, please **contact their school.**

- ✓ Your local health department will contact you within 48 hours. If you do not hear from them, please call the St. Lawrence Public Health Department at (315) 386-2325

Additional Information

If you received the free state test, you can use the BioReference portal to view your result.

Use the link below to set up a BioReference Portal bioreference.com/view-results

New York State Vaccination Hotline: 1 (833) 697-4829
The hotline is open 7 AM - 10 PM, 7 days a week to help New Yorkers determine if they are eligible and schedule vaccine appointments. Go online to am-i-eligible.covid19vaccine.health.ny.gov

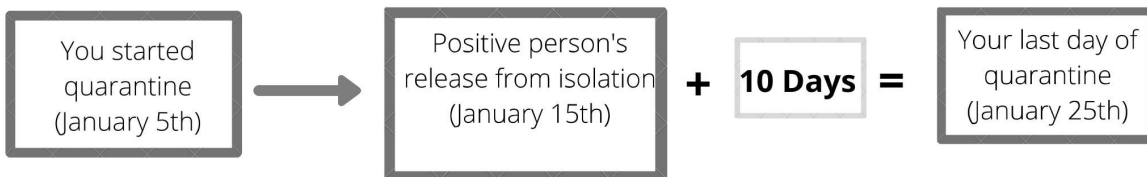**ST. LAWRENCE COUNTY PUBLIC HEALTH DEPARTMENT**

How to Calculate Your Quarantine End Date When You Live With a Person Who Tested Positive

When you live with someone who has tested positive, your quarantine order will have an end date of 20 days out from the date you were placed into quarantine. You can calculate your actual quarantine end date based off of the descriptions and formulas below, pending confirmation from the local health department. If symptoms occur, a quarantine of 14 days is required.
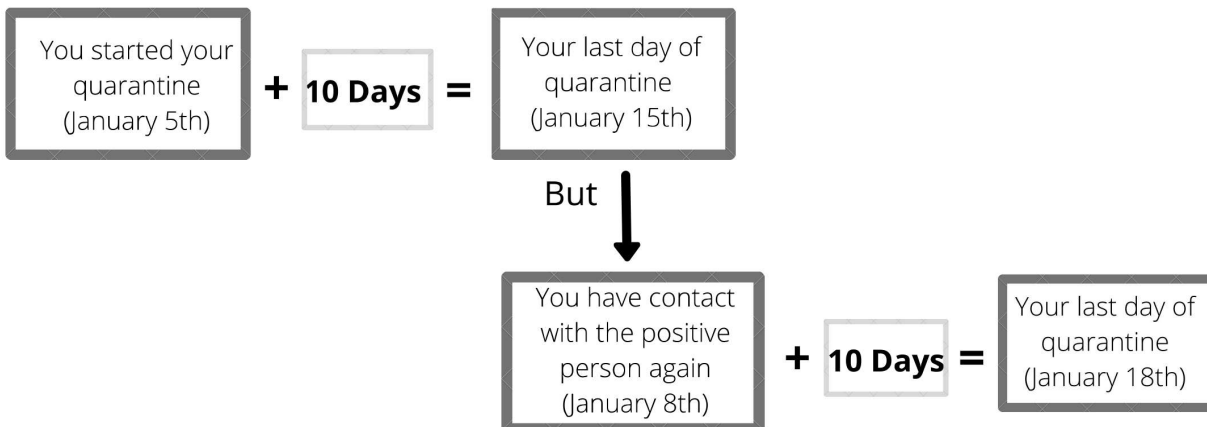
1. If you live with someone who has COVID-19 (e.g.; roommate, partner, family member), and that person has isolated by staying in a separate bedroom and you have had no more contact with that person. Your last day of quarantine is 10 days from your last date of contact.

Your last date of contact with positive (January 1st)	**+**	**10 Days**	**=**	Your last day in quarantine (January 11th)
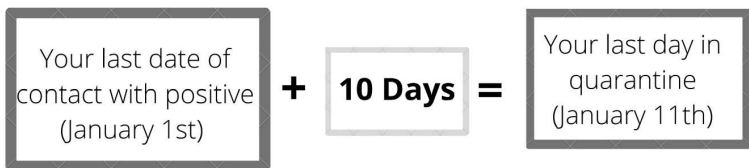
2. If you live with someone who has COVID-19 and you cannot separate from that person (e.g., you are providing direct care for them while they are sick, there are no separate bedrooms, or you live in close quarters and you are unable to to keep 6 ft away). Your last day of quarantine is 10 days after the person who has COVID-19 meets the criteria to end isolation.

You started quarantine (January 5th)	→	Positive person's release from isolation (January 15th)	**+**	**10 Days**	**=**	Your last day of quarantine (January 25th)

3. If you live with someone who has COVID-19 and you started your 10-day quarantine, but you ended up having contact with that person during your quarantine period. You will have to restart your quarantine period from the last day you had contact with the person who has COVID-19.

You started your quarantine (January 5th)	**+**	**10 Days**	**=**	Your last day of quarantine (January 15th)

But

You have contact with the positive person again (January 8th)	**+**	**10 Days**	**=**	Your last day of quarantine (January 18th)

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html
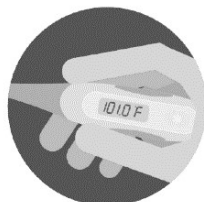
If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.

3. **Get rest and stay hydrated.**

4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.

6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.

7. **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 at least 60% alcohol.

8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.

9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
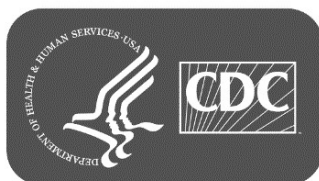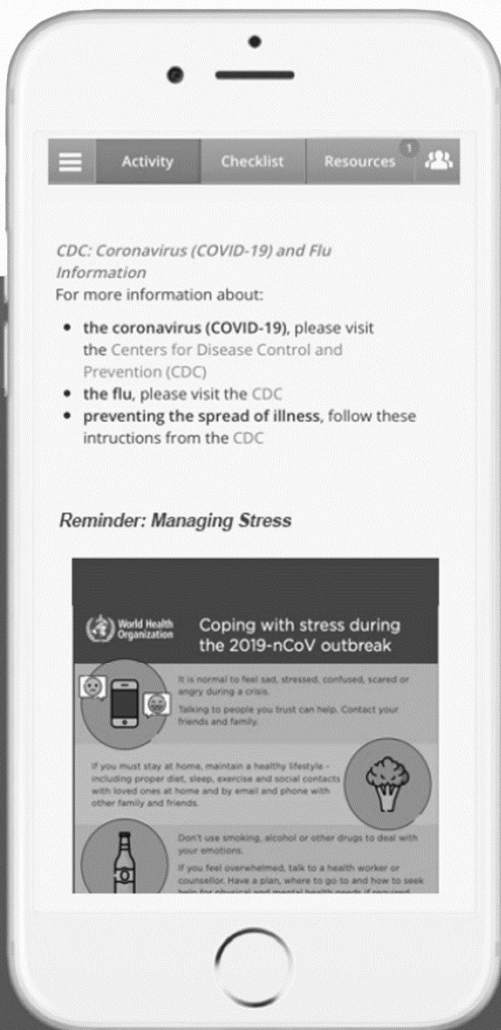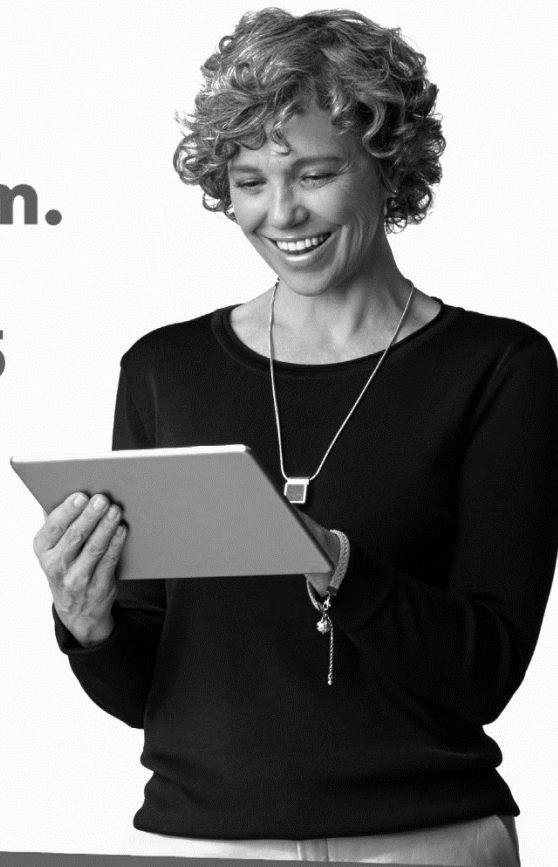
cdc.gov/coronavirus

St. Lawrence Health System

Stay Connected to Your Care Team.

Call (315) 212-1415 to enroll.

CDC: Coronavirus (COVID-19) and Flu Information
For more information about:

- **the coronavirus (COVID-19)**, please visit the Centers for Disease Control and Prevention (CDC)
- **the flu**, please visit the CDC
- **preventing the spread of illness**, follow these intructions from the CDC

Reminder: Managing Stress

You're Important. We stay in touch with our patients using GetWell Loop™ — an online platform that enables us to work together throughout your care journey.

☑ Daily follow up

☑ The support you need

☑ Answers to your questions + concerns

Our goal is to deliver an outstanding experience to help you achieve the best possible outcome.

stlawrencehealthsystem.org