

COVID-19 (coronavirus) Post-Collection Instructions:

1 Home isolation is necessary for yourself and household contacts until you are notified of your test results. This may take up to 24-48 hours.*

2 If your shortness of breath worsens or you have other concerns, contact your primary healthcare provider.

3 Proceed to the closest Emergency Department or call 911 should you experience difficulty breathing or chest pain. Call ahead if possible and let them know that you were tested for coronavirus and are waiting for your test results.

*If you have a MyChart account, you may receive your results earlier. BJC and/or its lab partners are required to send results that are positive for COVID-19 to the health department.

(Over for additional information)

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What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

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.

Separate yourself from other people and animals in your home

People: 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.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

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

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, or they should wear a facemask if they enter your 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 clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

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 your hands often

Wash your hands often with soap and water for at least 20 seconds. 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 should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

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 (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



Home Quarantine: What You Need to Know and Do

The infectious disease COVID-19, caused by the novel coronavirus, may continue to spread in our community. We place some people on home quarantine in order to limit the spread of this virus to others in our community. We understand that being placed on home quarantine can be hard on families. Please read this handout to learn more about home quarantine and what it means for you and your family.

Q: What is a home quarantine? A home quarantine is when your health care provider or public health official tells you and your family to stay home and limit contact with people outside of your household. It's for people who either are known to have COVID-19 or have been exposed and are waiting for the results of their testing.

Q: Why am I/my family being placed on home quarantine? You and your family are being placed on home quarantine because it is possible you have been exposed to, or it has been confirmed that you have, COVID-19. The people who need to stay at home are those who were exposed to COVID-19 and/or have symptoms (fever, cough, shortness of breath).

Q: How long will I have to be on home quarantine? This will depend on how long it takes for everyone in your family to be tested. Once the results of your test are available, your health care provider or your local public health official will give you more instructions.

Q: Who do I call if I have questions? If you have questions about the testing for COVID-19, speak to the care team who are doing this test. Any other questions about coronavirus or COVID-19 should be directed to your primary care provider. If you have questions about your home quarantine, please call your local health department.

Q: What do I need to do?

YOU SHOULD:

- Stay home. You should not leave home except for getting medical care. This includes staying home from work, avoiding any public areas (including stores, restaurants, etc.), and not using public transportation.
- Cover your mouth and nose with a tissue when coughing or sneezing then dispose of the tissue.

- Have only people in the home who are essential for providing care. No one else may visit.
- Stay in a different room from other members of your family as much as possible if you are the only one sick.
- Clean your hands well with soap and water or hand sanitizer often, especially after you sneeze or blow your nose, and before touching your face or eating.
- Avoid sharing household items such as dishes, cups, bedding or other items between people in your home, especially between those who are sick and those who are not.

FAMILY MEMBERS IN THE HOME SHOULD:

- Stay home. They should not leave home except for getting medical care. This includes staying home from work, school, avoiding any public areas, and not using public transportation.
- Clean their hands well with soap and water or hand sanitizer often, especially after they sneeze or blow their nose, and before touching their face or eating.
- Clean "high-touch" surfaces every day (counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, bedside tables, etc.). They should 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 for safe and effective use of the cleaning product, including following precautions when applying the product, such as wearing gloves and making sure there is good ventilation during use of the product.
- If family members start having symptoms like cough and fever, they should tell their primary care provider right away and the health department.
- Both you and your family members should call ahead before visiting the doctor. Even with a medical appointment, call ahead and tell the office about the COVID-19 exposure. This helps the office take steps to keep others from getting infected or exposed.