

## COVID-19 Screening and Testing FAQ's

<p><b>What is Considered Direct Exposure to COVID-19?</b></p>	<p><b>People who have been in close contact/direct exposure with someone who has COVID-19 or are exhibiting COVID-19 symptoms.</b></p> <p>What counts as close contact?</p> <ul style="list-style-type: none"> <li>• You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more.</li> <li>• You provided care at home to someone who has tested positive for COVID-19.</li> <li>• You had direct physical contact with the person (hugged or kissed them)</li> <li>• You shared eating or drinking utensils.</li> <li>• They sneezed, coughed, or somehow got respiratory droplets on you.</li> </ul>
<p><b>Steps to Take During Quarantine</b></p>	<ul style="list-style-type: none"> <li>• Stay home for 14 days after your last contact with a person who has COVID-19. In certain circumstances quarantine may be shortened to 10 days</li> <li>• Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.</li> <li>• If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.</li> </ul>
<p><b>When Should Testing Occur?</b></p>	<ul style="list-style-type: none"> <li>• Testing should occur 7-days post-exposure.</li> <li>• If a test is performed prior to day 7, re-testing at day 7-10 days is recommended as false negative results are more likely when the test is performed prior to 7 days.             <ul style="list-style-type: none"> <li>○ <b>Quarantine may be shortened to 7 days with a negative PCR test. It is important that you quarantine as advised by public health officials.</b></li> </ul> </li> </ul>
<p><b>Antigen Testing</b></p>	<ul style="list-style-type: none"> <li>• Rapid tests are antigen tests, the COVID-19 equivalents of a rapid strep test.</li> <li>• As with all rapid tests, there's a balance between speed and accuracy.</li> <li>• The characteristics of the antigen testing technology may infrequently result in a "false positive" in patients without symptoms.</li> <li>• To ensure testing accuracy PCR testing will be performed on <b>all</b> patients that are not exhibiting COVID-19 symptoms that have had a direct exposure.</li> </ul>
<p><b>PCR Testing</b></p>	<ul style="list-style-type: none"> <li>• PCR testing is the most sensitive and specific test available; however no single test is 100% accurate.</li> </ul>
<p><b>How to Get Your Test Results</b></p>	<p><b>Rapid Antigen Test</b></p> <ul style="list-style-type: none"> <li>• If you receive a rapid antigen test, you <b>MUST STAY</b> at the testing facility to receive your results. If you need a copy of your results, please request one as you wait.</li> </ul> <p><b>PCR Test</b></p> <ul style="list-style-type: none"> <li>• You will receive your results via a secure portal within 2-4 business days.</li> <li>• Login or create an account on the LabCorp patient portal at <b><a href="http://www.bit.ly/COVID19TestResult">www.bit.ly/COVID19TestResult</a></b> (<i>link must entered <b>exactly</b> as shown</i>)</li> </ul>

## Quarantine Guidelines

<b>Positive Test Result &amp; COVID-19 Symptoms</b>	<p>The CDC (Center for Disease Control) recommends that quarantine be maintained for at least 10 days after onset of symptoms and at least 24 hours after symptoms are resolved; whichever is longer.</p> <p>Symptom free is defined by:</p> <ul style="list-style-type: none"> <li>• At least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,</li> <li>• At least 10 days have passed since onset of symptoms.</li> </ul>
<b>Negative PCR Test Results &amp; Possible COVID-19 Symptoms</b>	<p>You may return to work 24 hours after fever resolution and symptoms are improving.</p> <ul style="list-style-type: none"> <li>• If you develop loss of taste or smell, repeat testing is recommended.</li> <li>• During this time, you <b>must</b> quarantine until you receive your results.</li> <li>• Continue to wear a mask for the duration of symptoms.</li> </ul>
<b>Negative PCR Test &amp; No Symptoms &amp; Direct Exposure</b>	<p><b>Local Health Authority recommends quarantine for 14 days from last exposure if it is deemed a concerning exposure (defined as close contact) unless exempted.</b></p> <ul style="list-style-type: none"> <li>• For household contacts this can be as long as 24 days (10 days' household member is contagious plus the 14 days to exclude transmission to you).</li> <li>• Exempted patients may be those considered part of the essential workforce and is decided on a case-by-case basis.</li> <li>• Local Health Authority agents may contact you in 2-3 days, if you have had a close contact exposure, for additional instructions and follow-up.</li> </ul>

### NOVA HEALTH STRONGLY RECOMMENDS 14-DAY QUARANTINE FOR ANY PATIENT THAT HAS A DIRECT EXPOSURE TO SOMEONE THAT HAS TESTED POSITIVE FOR COVID-19

<b>Options to Reduce Quarantine for People Without Symptoms – according to the CDC.</b>	<p><b>CDC update from 12/2/20 allows quarantine to end sooner; 7 days with negative PCR test.</b></p> <ul style="list-style-type: none"> <li>• On day 10 without testing and no symptoms</li> <li>• On day 7 after receiving a negative PCR test result</li> </ul> <p><b>After stopping quarantine, you should</b></p> <ul style="list-style-type: none"> <li>• Watch for symptoms until 14 days after exposure.</li> <li>• If symptoms present immediately quarantine and contact your healthcare provider</li> </ul> <p>Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.</p>
---	--

We realize you are in quarantine, and your results are very important. Please check the LabCorp Portal for your results. We will call all positives.

*You need to quarantine until you have your PCR results.*