



June 17, 2020

## Instructions While Awaiting Results of Testing for COVID-19 (Novel Coronavirus)

### What's Next?

You have been tested for COVID-19 based on the County's current criteria for Sentinel Testing.

It will take 7 days to obtain results and relay them to you.

Because you met current Sentinel Testing criteria, you can continue going about your normal daily activities. You will be notified of your results within 7 days, at which point, a public health nurse will provide you with your results, as well as next steps, if necessary.

**PLEASE READ GUIDELINES ON THE FOLLOWING PAGES**

**TO PROTECT YOUR HEALTH AND THE HEALTH OF OUR COMMUNITY**

Please read the enclosed materials from the CDC about how to prevent COVID-19. The documents also describe how to seek medical care if needed. If you become symptomatic, please remember to call your provider ahead of time to let them know you may have COVID-19 and need medical attention. Follow their instructions.

### Results

A public health nurse will contact you with your results and explain what they mean, including any additional isolation and monitoring activities.

### Where to get more information about COVID-19

- Please check the CDC website at: <https://www.cdc.gov>
- Please check the Missoula City-County Health Department website: <https://missoulacounty.us>

From all of us within Missoula's Health Care Community,  
we hope you feel better soon!

# 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.**



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 facemask.



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](https://cdc.gov/coronavirus)

# What Your Test Results Mean

Accessible version available at <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

## If you test positive for COVID-19

TAKE STEPS TO HELP PREVENT THE SPREAD OF COVID-19

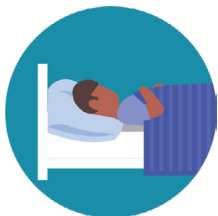


### STAY HOME.

Do not leave your home, except to get medical care. Do not visit public areas.



### STAY IN TOUCH WITH YOUR DOCTOR.



### GET REST AND STAY HYDRATED.

Take over-the-counter medicines, such as acetaminophen, to help you feel better.

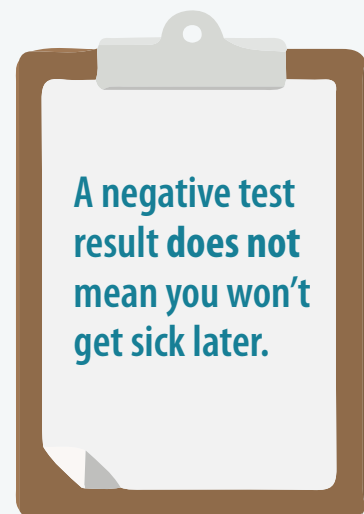


### SEPARATE YOURSELF FROM OTHER PEOPLE.

As much as possible, stay in a specific room and away from other people and pets in your home.

## If you test negative for COVID-19

- You probably were not infected at the time your sample was collected.
- However, **that does not mean you will not get sick.**
- It is possible that you were very early in your infection when your sample was collected and that **you could test positive later.**



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**CDC.GOV/CORONAVIRUS**

# COVID-19: Quarantine vs. Isolation

**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.



**If you had close contact with a person who has COVID-19**



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



**If you are sick and think or know you have COVID-19**



- Stay home until after
  - 3 days with no fever and
  - Symptoms improved and
  - 10 days since symptoms first appeared



**If you tested positive for COVID-19 but do not have symptoms**



- Stay home until after
  - 10 days have passed since your positive test.



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>

**FACT  
1**

**Diseases can make anyone sick regardless of their race or ethnicity.**

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT  
2**

**For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.**

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT  
3**

**Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT  
4**

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT  
5**

**You can help stop COVID-19 by knowing the signs and symptoms, which can include:**

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

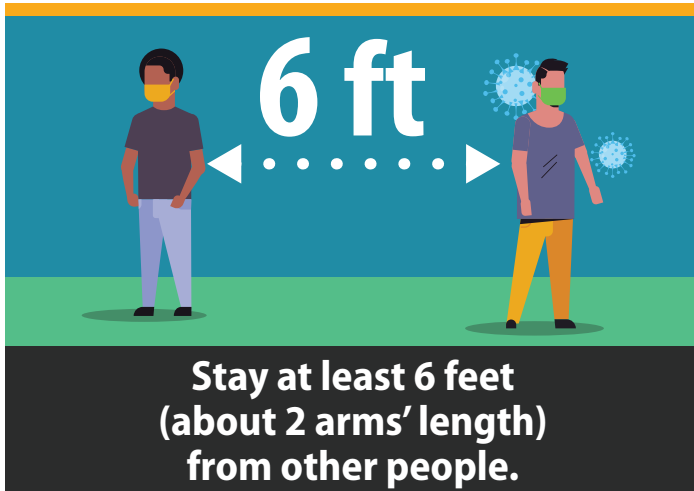
This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



**[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)**

# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## Instructions for Partners, Caregivers, and Household Members of People

### Awaiting Results of Testing for COVID-19

#### What can I do for my partner or household member who tested for COVID-19?

You can help them with basic household needs and getting groceries and prescriptions. Help them follow their health care provider's instructions if they need support. If this person has pets, help take care of them while they are sick.

#### What do I do if their symptoms are getting worse? When do they need to go to the hospital?

If the person is getting sicker, call their healthcare provider and tell them that the patient has been tested for COVID-19 and is waiting for results. If it is a medical emergency, call **911**, and notify the dispatcher that the patient has been tested for COVID-19 and is waiting for results.

#### I'm a caregiver. How can I prevent the spread of COVID-19?

Remind the person who was tested that they need to wear a facemask when others are in the room. Try to keep the sick person in their own room and have them use a separate bathroom than others if possible.

Wear a disposable facemask if you are in the same room as the person tested for COVID-19, especially if you are within six feet of the person who is sick. Do not reuse facemasks. Use gloves when you have contact with the patient's blood, stool, or bodily fluids, or you are cleaning their room, handling used dishes or glasses.

When taking off the mask and gloves, first remove and dispose of the gloves. Then clean your hands with soap and water or hand sanitizer. Next, remove and throw away the facemask, and immediately clean your hands with soap and water. Also, clean any surfaces that may have blood, stool, or body fluids on them with household cleaners followed by disinfecting them with EPA-approved products effective against SARS-like, CoV-2, or Human Coronavirus according to the label instructions.

#### I do the laundry for the household. Any suggestions for me?

Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, stool, and bodily fluids on them. Wear gloves while handling these items and keep them away from your body. After you have removed your gloves, wash hands with soap and water for 20 seconds, or use hand sanitizer. In general, use normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest recommended temperature on the clothing label.

#### How do I throw away used gloves, facemasks, and contaminated items?

Place all contaminated items in a lined container or garbage bag before throwing them away with other household garbage. Clean your hands with soap and water for 20 seconds or hand sanitizer immediately after handling these items.

#### What can everyone in the household do?

You can follow the recommendations for everyday prevention. Wash your hands with soap and water or hand sanitizer after each contact with the person who tested for COVID-19. Avoid touching your eyes, nose, or mouth without first washing your hands.