

## What do I do AFTER I get tested for COVID-19?



I have been ill or exposed to someone with COVID-19 and have been tested.

- **Isolate** yourself. Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others
- Follow **physical distancing and handwashing guidelines**
- **Avoid contact with others or leaving the home.**
- **Wait** until you hear from your healthcare provider for your **results** and for further instructions before resuming social activities.
- If you have an existing medical or dental appointment, **call and ask if you may still be seen.** In most cases your appointment will be cancelled until you are not ill and have a confirmed negative COVID-19 test result.
- Wait until you receive **clearance from the Public Health Department** before stopping isolation and resuming routine social activities.



I have had COVID-19 testing for my upcoming surgery or procedure.

- **Quarantine** yourself: Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.
- Follow **physical distancing and handwashing guidelines.** This applies to the person who will be bringing you to and from surgery as well.
- **Avoid contact with others or leaving the home** as much as possible prior to surgery.

- **Pre-surgery COVID-19 testing:** We want to perform your surgery in the safest possible circumstances to give you the best chance of a smooth recovery. **One of our healthcare team members will reach out to ask you about symptoms and will schedule you for coronavirus testing even if you do not show symptoms consistent with the virus.** We are doing this as a precautionary measure so that we have all of the information we need to provide you with the safe care.
- **Check for the symptoms** daily prior to surgery and notify us if you have any of the following:
  - Fever  $\geq 38.0$  C (100.5 F) last 24 hours
  - New respiratory symptoms (e.g. cough, shortness of breath, respiratory distress, sore throat)
  - New loss of taste or smell



I have not had any symptoms of illness and have been tested for COVID-19 for employment requirements, travel or personal concern.

- Follow **physical distancing and handwashing guidelines.**
- **Cover your mouth and nose** with a cloth face cover when around others.
- **Cover** coughs and sneezes
- **Clean and disinfect** your household surfaces daily
- Continue to **monitor** your health daily and follow CDC guidance if symptoms develop.