COVID-19 Positive Infection

You were tested for the novel Coronavirus, or COVID-19, at George Washington Hospital and found to be positive for the infection.

What is the novel Coronavirus (COVID-19)?
- The 2019 Coronavirus, or COVID-19, a new respiratory virus first identified in December 2019.
- It is part of a larger family of viruses called coronavirus, some of which are in circulation normally and can cause illnesses like the common cold.
- COVID-19 generally causes fevers, cough, and shortness of breath, but it can cause severe respiratory illness.
- New information is being discovered every day. The most up to date information can be accessed at the CDC’s (Centers for Disease Control and Prevention) website, https://www.cdc.gov/coronavirus/2019-ncov/about/index.html

What if I have questions?
- If you have questions about COVID-19, we have set up a phone line you can call at 202-715-4401.

What should I be doing now?
You must remain home until ALL of the following are true:
1. At least 3 days (72 hours) have passed since you have not had a fever without the use of fever-reducing medications AND you have had improvement in respiratory symptoms (e.g., cough, shortness of breath), AND
2. At least 7 days have passed since symptoms first appeared, AND
3. You have spoken with and received clearance from your healthcare provider.
- After you have met the above criteria, you are still advised to practice recommended social distancing (e.g., work from home if possible, minimize trips out of your house, limit interactions with other people, and stay 6 feet from others).

- STAY HOME. You should stay home as above. When possible, separate yourself from other people and animals at home. If you must leave for a medical appointment, do not take public transportation, taxis, or ride sharing.
- Be vigilant about practicing virus prevention, including washing your hands and covering your mouth and nose when coughing or sneezing.
- Wear a protective mask, when possible, during close contact with others at home; close contact is defined as being within 6 feet of someone else.
- Avoid sharing personal household items. Such as dishes, drinking glasses, cups, forks/knives. After using these items, they should be washed thoroughly with soap and water.
- 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 and surfaces that may have blood, stool, or body fluids on them. Use a disinfectant household cleaning spray or wipe.
- For more information on how to prevent disease spread at home, please visit https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html

What are warning signs to look for to go to the emergency room?
- Most people with COVID-19 will have mild symptoms, but some people will have more severe, even life-threatening, illness. After your brief hospitalization it was determined that you were safe to return home, but please monitor your symptoms closely.
-If you develop severe shortness of breath, weakness, severe fatigue, chest pain, or fevers greater than 103°F, please contact your health care provider or go to your nearest emergency room / call 911.

How do I follow up non-urgently?
If you do not have a primary care physician, you can visit one of the GW Immediate and Primary Care locations in Cleveland Park, McPherson Square and Rhode Island Avenue:

Cleveland Park
2902 Porter Street, NW
Washington, DC 20008
202-525-5287

McPherson Square
1101 15th St NW
Washington, DC 20005
202-798-0100

Rhode Island Ave
2350 Washington Pl., NE
Suite 110N
Washington, DC 20018
202-544-7580

What if one of my family members or close contacts is concerned and desires COVID-19 testing?
If someone was in close contact with you while you were sick, that person should contact their doctor to see if a COVID-19 test is indicated. Here are some testing site options in DC:

Drive-thru/Walk-up Currently Operating:
1. Children’s National Health System
To reduce the number of visits by families to emergency departments for COVID-19 testing, Children’s National Health System opened a drive-thru/walk-up location where primary care doctors in the region can refer young patients for COVID-19 specimen collection and testing. The site location, donated by Trinity Washington University in Northwest DC, can safely test children and young adults through 22 years of age who have been identified by their pediatrician or other primary care doctor as having symptoms of COVID-19. The specimens are collected and sent offsite to the program’s laboratory partner, Quest Diagnostics, for testing.

Referral needed?
Yes. Community pediatricians and other primary care doctors use their clinical judgement to determine who they refer to the drive-thru/walk-up location. They may choose to refer patients who are either at an increased risk for developing severe symptoms due to the child’s underlying medical condition or because the child has an immediate family member who is in a high-risk category. All referred patients receive the necessary paperwork and directions to access the drive-through and walk-up site from their referring physician. When arriving at the site, photo identification and the referral form are required to enter. All results are communicated back to the family by the referring doctor within three to five days.

2. Kaiser Permanente
Kaiser Permanente has established a walk-up/drive-thru COVID-19 testing site in Washington, DC near their Capitol Hill Medical Center, which is located at 700 2nd Street, NE. They also have five (5) additional drive-up clinics in the mid-Atlantic region.

Referral needed?
Yes. All Kaiser Permanente testing sites are for their members and require a doctor’s order and appointment.

3. George Washington Hospital

The GW Medical Enterprise is offering drive-through testing for COVID-19. There is a walk-up option for patients without a car. Testing will only be conducted by appointment, after a physician has spoken with the patient and has deemed a test is appropriate. The drive-through testing site is at 20th and H Streets NW (cars entering at 22nd and H Street NW) and pedestrian testing will be at 22nd and I St NW.

To schedule a video or phone consultation with a GW physician to be evaluated, please call 202-741-2765 Monday through Friday from 7 a.m. to 6 p.m. Or, if your health care provider (non-GW provider) has ordered testing, direct him/her to fill out the online form here: www.gwdocs.com/COVID19testreferral. Once your provider’s request has been received and processed (allow at least one hour), contact (202) 741-3595 Monday through Friday between 8:30 AM and 4:00 PM for scheduling. On the day of your appointment, please arrive during the 60-minute window that you have been provided. Please do not travel to the testing site until you have been given an appointment. You should bring a personal identification card (driver’s license or passport of the person to be tested) with you to the appointment.

GW Drive-Through Testing: If you are driving, enter the testing lane at 22rd & H Street NW. Keep your window rolled up and follow the instructions of staff when you pull into the testing lane. Directions for patients scheduled for drive-thru appointments: https://smhs.gwu.edu/sites/default/files/covid19drivethru-testingsite.pdf

GW Walk-Up Testing: If you are not driving, arrive for your appointment at the corner of 22nd and I Street NW at the Medical Faculty Associates building. Approach the registration desk outside the building for instructions. Directions for patients scheduled for walk-up testing: https://smhs.gwu.edu/sites/default/files/covid19walking-testingsite.pdf

Test Results

• Results are currently taking approximately 5 - 7 days for most patients
• Results from testing will be sent to the healthcare provider who ordered the tests. Patients should wait to be contacted with results or contact the healthcare provider who ordered the test if they are seeking results.

4. United Medical Center

The District of Columbia Government has launched a drive-thru testing site on the campus of United Medical Center. The District of Columbia is offering free, appointment-required testing for DC residents who have been ordered by a doctor to have a test due to COVID-19 symptoms (fever, cough, sore throat, shortness of breath or difficulty breathing, congestion, body aches, chills, runny nose).

Testing criteria includes:
• DC residents, with symptoms, who are 65-years and older
• Healthcare providers or individuals, with symptoms, who work in a healthcare facility that is located in DC
• First responders, with symptoms, who work for the District of Columbia Government
• DC residents, with symptoms, who have an underlying health condition(s), including but not limited to asthma, diabetes, chronic lung disease

What are the testing dates and times?
Starting April 6, the District will test (drive thru and walk-up) on Mondays, Wednesdays, and Fridays. The times of operation include:
• Monday, April 6, 10 a.m. – 2 p.m. (drive thru and walk-up)
• Wednesday, April 8, 10 a.m. – 2 p.m. (drive thru and walk-up)
• Friday, April 10, from 10 a.m. – 2 p.m. (drive thru and walk-up)

The District will test first responders on Thursday, April 2, from 10 a.m. – 2 p.m.

Do I need to make an appointment?
• Yes. An appointment is required and must be scheduled through the Testing Triage Call Center by calling 855-363-0333.
• A person meeting the testing criteria must pre-register by calling the Testing Triage Call Center at 855-363-0333. The Call Center evaluation will include individuals answering pre-screening questions regarding their signs and symptoms.
• If the individual meets the testing criteria, the individual will receive additional information about testing and what to bring to the site on the day of their appointment.
• There is no on-site registration at UMC. An individual who does not pre-register will not receive a test.

What are the hours of operation for the Testing Triage Call Center?
The Testing Triage Call Center hours are 8:30 a.m. to 4:30 p.m., Monday thru Friday.

What will an individual need to bring to the test site?
The individual that meets the testing criteria and receives an appointment, must bring the following:
1. The testing confirmation email from DC Health, via electronic (i.e., on their phone or a device) or printed copy AND,
2. A valid, government-issued photo ID showing proof of residency in the District of Columbia. a. If an individual does not have a valid District of Columbia government-issued ID, they must bring any government issued ID with a bill (e.g., utility, cell phone, lease, bank statement, etc.) marked to their current address.
b. First responders and healthcare workers who work in the District of Columbia will be asked to provide proof of employment (e.g., badge).

Where is the test site?
Testing will be in the parking lot of United Medical Center (UMC) at 1310 Southern Avenue SE, Washington, DC 20032. Vehicles should enter via 13th Street, SE and be prepared to wait between 45-75 minutes (please plan accordingly, bathrooms will not be provided on-site). Starting Monday, April 6, individuals walking up should enter from Southern Avenue, SE.

When will walk-up testing begin?
Walk-up testing will begin on Monday, April 6 and every Monday, Wednesday, and Friday thereafter. Pre-registration is still required for walk-up testing.

**What is the process for COVID-19 testing?**
You will receive a nasal swab. During this test you may feel some discomfort, including nose irritation or minor bleeding. All are normal.

**What should I do while I wait to be swabbed?**
- **Drive-thru testing:** Stay in your car at all times and keep your windows rolled up, unless asked to roll your window down for testing.
- **Walk-up testing:** If you are walking, please remain 6 feet from other individuals while you wait and cover your cough and sneeze.

**When will my results be ready?**
After testing, an individual will learn results within 3-5 days. After the test, the individual will receive a letter with the information on how to receive your results.

**Who will be processing this information?**
The DC Public Health Laboratory is processing the tests taken at this site. DC Health will have access to your test results. For patient privacy, results will NOT be available via phone.

**What should you do while you wait for results?**
Because your results are unknown immediately after testing, it’s critical you stay home. Staying home until your results are known helps stop potential spread in our community.
- Do not go to work or spend time in public places. Work from home if you can. Do not go to restaurants to pick-up or carry out food, avoid visits to essential businesses, etc.
- Separate yourself from other people and pets in your home. Stay in a specific room and if possible, a designated bathroom away from others in your home.
- Wear a facemask when around other people or pets, at home and outside.
- Wash your hands, multiple times a day, using soap and water for at least 20 seconds.
- Avoid sharing household items like dishes, drinking glasses, cups, eating utensils, towels, and bedding.
- Maintaining your mental health while you wait is important. Certified clinicians are available 24/7 through the DC Department of Behavioral Health’s mental health hotline: 1-888-793-4357.

To access this full document for UMC testing site: [https://www.unitedmedicaldc.com/wp-content/uploads/2020/04/UMC-testing-FAQs_040120_FINAL.pdf](https://www.unitedmedicaldc.com/wp-content/uploads/2020/04/UMC-testing-FAQs_040120_FINAL.pdf)

**E-Visits**
- Medstar Health
The MedStar Health e-Visit is a faster, easier way to see a medical provider for basic express care needs. The service is a virtual/video visit with a medical provider offering consultation, diagnosis, treatment, and even prescriptions when appropriate. MedStar e-Visit is available 24/7 and is open to anyone in the MedStar service area which includes Washington, DC. This service can be accessed via the MedStar e-Visit app on a smartphone or tablet, or on a PC by going directly to MedStarhealth.org/eVisit. You do NOT need to be a MedStar Health patient to access an e-Visit provider. In other words, this platform is open to residents of the District of Columbia. Based on the outcomes of the e-Visit, patients may be referred for COVID-19 testing from an e-Visit provider to one of MedStar Health’s testing sites with a physician’s order.

MedStar Health also has two urgent care facilities in the District of Columbia: one on Capitol Hill and one in Adams Morgan. Both facilities are open seven (7) days a week from 8am-8pm and offer testing for COVID-
19 if indicated with a doctor’s order. MedStar also has 12 additional urgent care centers in the Washington, DC/Baltimore areas.

For more information about COVID-19 and the District’s response, visit coronavirus.dc.gov.

**For general questions or concerns about COVID-19, District of Columbia residents can contact 3-1-1**