

*You were tested for the novel Coronavirus (COVID-19) at the
GW Medical Faculty Associates.*

Below is information about your test and what to do now.

What is the novel Coronavirus (COVID-19)?

- The 2019 Coronavirus, or COVID-19, is a new respiratory virus that 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 can cause fever, cough, shortness of breath, chills, muscle pains, headache, sore throat and new loss of taste/smell. It can cause severe respiratory illness.**

What should I be doing now?

- **Follow your healthcare organization's policy regarding work.**
- Be vigilant about practicing virus prevention, including washing your hands and covering your mouth and nose when coughing or sneezing.
- Wear a protective mask at all times outside of the 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 any surfaces that may have blood, stool, or body fluids on them. Use a disinfectant household cleaning spray or wipe.

What is the testing, how long will it take to come back, and how will I get notified?

- You had a swab collected to look for the COVID-19 virus. You likely also had a swab to look for other common viruses.
- **The results currently take approximately 2-3 days to return.**
- Once your results are available one of our providers will contact you.

What should I do when my test results are back?

If the result of your COVID-19 test is **NEGATIVE**

- **If you have symptoms, you should remain at home and take care of yourself until your symptoms have resolved.**
- **Following resolution of your symptoms, please continue 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).**

If the result of your COVID-19 test is **POSITIVE**

- You must remain at home until ALL of the following are true:**
- 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**
- At least 10 days have passed *since symptoms first appeared*.**
- After you have met the above criteria you should contact your healthcare provider for advice. 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).**
- Before returning to work, consult with your healthcare organization's employee/occupational health office.**

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. During your evaluation at the time of testing 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 or fevers greater than 103F, please contact your health provider or go to your nearest emergency room.

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

Who can I call if I have further questions?

Healthcare Personnel

If you have further questions, please contact your health care provider **at 202-741-2222** or your healthcare organizations employee/occupational health office.