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 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 fever, cough, and shortness of breath, but it can cause severe respiratory illness.

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 5-7 days to return.
- Once your results are available one of our providers will contact you.

What should I be doing now?

- **STAY HOME.** You should stay home until you have been contacted about your test results. 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 any surfaces that may have blood, stool, or body fluids on them. Use a disinfectant household cleaning spray or wipe.

If you were NOT tested for COVID-19

- You don't fit the current testing criteria. This does not mean you do not have the virus, but have not been tested. You should avoid all contact with other individuals while symptomatic.

- You should follow up with your primary care physician for further evaluation of your symptoms.

- You should return to consider being screened for COVID 19 if you develop worsening of the following: fever, cough, or shortness of breath.
What should I do when my test results are back?

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

- 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 7 days have passed since symptoms first appeared.
  - AND
  - You have spoken with and gotten 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).
- If you are a Healthcare Worker, contact our employee 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?

If you have further questions, please contact your health care provider at 202-741-2222.