



## COVID-19 TEST OPTIONS

|                                      | PCR SEND OUT   | RAPID ANTIGEN SWAB   | ANTIBODY TEST  |
|--------------------------------------|--|--|--|
| <b>Requirements?</b>                 | Telehealth visit   | Telehealth visit   | <i>Telehealth visit<br/>No active symptoms</i>                 |
| <b>What does it test?</b>            | Active infection   | Active infection   | <i>Prior exposure</i>  |
| <b>How is it administered?</b>       | Nasal swab   | Nasal swab   | <i>Venipuncture lab</i>  |
| <b>Turnaround time for results?</b>  | 7 days   | 24 hours   | <i>7 days</i>  |
| <b>What if results are positive?</b> | Self-isolate<br><br>Customized care plan provided by practitioner<br><br>Recommended to test other household members | Self-isolate<br><br>Customized care plan provided by practitioner<br><br>Recommended to test other household members | <i>No action necessary</i>                                     |
| <b>What if results are negative?</b> | Please view page 2.  |  |  |
| <b>Cost?</b>                         | Billed to insurance or \$70 for patients with no insurance.  | Billed to insurance or \$40-50 for patients with no insurance.   | Billed to insurance or \$40-50 for patients with no insurance. |



## GUIDANCE FOR CARE WHEN TEST RESULT IS NEGATIVE

### **What to do if your test is negative.**

Current testing is thought to be up to 90% accurate. Unfortunately, that means that possibly 1 out of every 10 people tested may have a negative test but still have a COVID-19 infection. For this reason, in an effort to limit the risk of spread, you should:

- Follow the guidance given in *Guidance For Care and Isolation After Testing* fact sheet until your symptoms resolve.
- Notify your healthcare provider when you are symptom free to get further direction about next steps.

### **Discontinuing home isolation for positive or negative results.**

Talk to your healthcare provider. Many factors affect the decision to discontinue home isolation. Patients should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions is made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



## GUIDANCE FOR CARE WHEN TEST RESULT IS POSITIVE

### What to do if your test is positive.

Patients with confirmed COVID-19 who have symptoms that can be managed at home should remain under home isolation precautions until the risk of spreading to others is thought to be low. Early reports suggest spread most commonly occurs from person-to-person during close contact.

### How is close contact defined?

- Being within approximately 6 feet of a COVID-19 patient for a prolonged period (roughly 2 minutes or longer) e.g. caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 patient.  
– or –
- Having direct contact with infectious secretions of a COVID-19 patient, primarily via respiratory droplets produced when an infected person coughs or sneezes. Droplets can land in the mouths, noses, or eyes of people who are nearby or possibly be inhaled into the lungs of those within close proximity

**NOTE:** Airborne transmission from person-to-person over long distances is unlikely.

### How to decrease the spread of infection.

- Follow the same recommendations included in the *Guidance For Care and Isolation After Testing* fact sheet.

### Testing is recommended for all household members.

- When one member of the household tests positive, we recommend the entire household self-isolate and get tested for COVID-19.
- Please visit [villagehealthpartners.com](https://villagehealthpartners.com) to request a telehealth visits for other household members. You may do this by scheduling online, or by using the webchat feature on the website.
- Telehealth visits are required for all patients in order to receive COVID-19 testing and to ensure proper care and follow-up.
- Telehealth visits can usually be completed within 24 hours of the request.
- Please be patient. Getting all family members tested on the same day as their telehealth visit is not possible due to the volume of patients needing testing at this time.

### Discontinuing home isolation for positive or negative results.

Talk to your healthcare provider. Many factors affect the decision to discontinue home isolation. Patients should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions is made on a case-by-case basis, in consultation with healthcare providers and state and local health departments

**NOTE:** State health departments require reporting of positive test results. This will be done on your behalf and requires no action on your part.



## GUIDANCE FOR CARE AND ISOLATION AFTER TESTING

The great majority of patients who become infected with COVID-19 experience symptoms similar to the common cold or the flu and are able to manage their symptoms at home. To treat your symptoms, we recommend:

- Use the same medications you would use to treat symptoms of a cold or flu
- Isolate at home, and follow the prevention steps below to limit the potential spread of illness.

You will receive your test results through the patient portal as soon as they become available. *To access the patient portal, please visit [health.healow.com/villagehealth](https://health.healow.com/villagehealth) or download the Healow app on your smart device, then enter the practice code GJIAD when prompted.*

**Until you receive your test results, you should follow these recommendations:**

### **Stay home, except to get medical care.**

- Restrict activities outside your home unless you need to seek medical care.
- Do not go to work, school, gym or public areas.
- Avoid using public transportation, ride-sharing, or taxis.

### **Separate yourself from other people and animals in your home.**

- Stay in a specific room and away from people in your home as much as possible
- Use a separate bathroom, if available
- Restrict contact with pets while you are sick. *There have been no reported cases of transmission from people to animals but until more is known it is recommended you avoid contact with your pets.*

### **Call ahead before visiting your doctor.**

If you feel you need to see your doctor or have an existing medical appointment, call the healthcare provider and tell them that you have, or may have COVID-19. This will assure they can take steps to keep other people from getting infected or exposed.

### **Wear a facemask.**

Wear a facemask when you are around other people. This includes:

- Sharing a room
- Sharing a vehicle
- Around your pets
- Before you enter a healthcare provider's office

If for some reason you are not able to wear a facemask, those around you should.

**Cover your coughs and sneezes.**

- Cover your mouth and nose with a tissue when you cough or sneeze
- Discard used tissues in a lined trash can
- Immediately wash your hands 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

**Clean your hands often.**

Wash your hands often with soap and water for at least 20 seconds or, if soap is unavailable, use an alcohol-based hand sanitizer with at least 60% alcohol. Clean your hands frequently, but especially:

- After blowing your nose
- After coughing
- After sneezing
- After going to the bathroom
- Before eating or preparing food

**Avoid sharing personal household items.**

Do not share dishes, utensils, cups, towels, bedding. After using these items, they should be washed thoroughly with soap and water.

**Clean all “high-touch” surfaces daily.**

Use a household cleaning spray or wipe, according to the label instructions. High touch surfaces include:

- Counters
- Tabletops
- Doorknobs
- Bathroom fixtures
- Toilets
- Phones
- Keyboards
- Tablets
- Bedside tables

**Monitor your symptoms.**

Your healthcare provider has recommended home isolation because your current symptoms are considered mild. In the event your symptoms worsen, seek prompt medical attention.

Watch for the following symptoms and emergency warning signs

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

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

**REMINDER:** If your healthcare provider recommends you go to the clinic or hospital for further evaluation, put on a facemask before you enter the facility. These steps will help keep other people in the office or waiting room from getting infected or exposed. Also, if you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.



## **GUIDANCE FOR CAREGIVERS AND HOUSEHOLD CONTACTS OF SUSPECTED OR CONFIRMED COVID-19 PATIENTS**

If you are a household member, intimate partner, or caregiver of a person with symptomatic, confirmed COVID-19 or a person awaiting test results, you should monitor your health and request a telehealth visit to get tested for COVID-19, especially if you develop symptoms indicative of COVID-19.

### **How to schedule a COVID-19 telehealth appointment:**

- Option 1: You may self-schedule using our online scheduling system by visiting [villagehealthpartners.com](https://villagehealthpartners.com), then clicking on “request an appointment”.
- Option 2: You may use the webchat feature the Village Health Partners website to chat with a real person and ask questions, if needed.
- Telehealth visits can usually be available within 24 hours of requesting an appointment.
- Before your telehealth visit is complete, your provider will give you an appointment time for your COVID-19 test. Please be patient. Getting tested on the same day as your telehealth visit is not possible due to the volume of patients needing testing at this time.

### **When caring for patient with suspected or confirmed COVID-19 infection, you should:**

- Understand all instructions given by healthcare providers.
- Help patient with basic needs (getting groceries, prescriptions, personal needs).
- Monitor patient symptoms and notify healthcare provider if symptoms worsen.

### **Isolate.**

- Stay in separate room and be separated from the patient as much as possible.
- Prohibit visitors to the home.
- Care for any pets in the home.
- Ensure shared spaces have good air flow if possible (air conditioner or open window).
- Ensure patient wears a facemask when around other people. If patient is not able to wear a facemask, others should wear a mask when in the same room as the patient.

## **Sanitize.**

- Frequently wash your hands with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains 60 to 95% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Avoid sharing household items with the patient.
- After patient uses household items (e.g. cups, utensils), wash them thoroughly.
- Wear disposable gloves while handling household or soiled items and keep items away from your body.
- Use a household cleaning spray or wipe, according to the label instructions, to clean high-touch surfaces after contact. High touch surfaces include:
  - Counters
  - Tabletops
  - Doorknobs
  - Bathroom fixtures
  - Toilets
  - Phones
  - Keyboards
  - Tablets
  - Bedside tables
- Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them
- Use household laundry detergents, according to directions, at the warmest temperature recommended on clothing label.
- After cleaning, remove gloves and immediately discard into a lined trash can.
- Immediately after removing your gloves clean your hands with soap and water or an alcohol-based hand sanitizer.

## **When you have contact with a patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine:**

- Wear a disposable facemask and gloves
- Throw out disposable facemasks and gloves after using them. Do not reuse.

## **When removing personal protective equipment**

- First remove and dispose of gloves.
- Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer.
- Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.

**Discuss any additional questions with your state or local health department or healthcare provider.**