

# COVID-19 Testing Discharge Instructions

You have been tested for COVID-19. You should receive communication regarding your test results by text message or phone in three to seven days. A negative test does not completely rule out COVID-19 infection and we recommend that you follow the instructions below.

Contact your medical provider or return if you have severe weakness, inability to take oral fluids, or are concerned about your breathing. If you need emergency medical attention during this time, call 9-1-1 and alert them that you have symptoms consistent with COVID-19.

For all other COVID-related questions, please contact our COVID Call Center at 952-442-7811.

## If you were tested because you have symptoms concerning for COVID-19:

Isolate at home until test result is known.

If **negative**, you may return to usual activity 24 hours after fever has resolved without the use of fever-reducers AND 24 hours after symptoms have improved.

If **positive**, you must isolate at home for at least 10 days from the onset of symptoms AND 24 hours after fever has resolved without the use of fever reducers.

## If you are the guardian, caregiver or live in the same household of someone tested with symptoms concerning for COVID-19:

Isolate at home until test result is known.

If **negative and you have no symptoms**, you may return to usual activity.

If **positive, even if you do not have symptoms**, you must stay at home and quarantine yourself from all activities for at least 14 days from the start of the patient's symptoms. If you develop symptoms, you may consider being tested and should continue isolation for at least 10 days from the onset of your symptoms AND 24 hours after fever has resolved without the use of fever reducers.

## If you were tested for procedure or surgery clearance:

Stay home and isolate yourself as much as possible until your procedure or surgery appointment. If you develop any new symptoms before your appointment, you must alert your provider right away.



## **Minnesota Department of Health recommendations are as follows:**

**Stay home.** If you need medical care, it is important you follow the instructions below. Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis. If you are seeking medical attention, attempt to call ahead to alert the facility prior to your arrival.

**Separate yourself from other people** in your home. As much as possible, you should stay in a specific room and away from other people in your home. Also, use a separate bathroom, if available. Avoid handling pets or other animals while sick.

**Wear a face mask** if you need to be around other people and cover your mouth and nose with a tissue or your arm when you cough or sneeze.

**Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water. Clean all high-touch surfaces in your home daily.

**Wash your hands** often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing 60% to 95% alcohol. Avoid touching your face with unwashed hands.