COVID-19: Patient Instructions for Those Being TESTED for COVID-19

COVID-19 is a new disease. We are still learning how it spreads, the severity of illness it causes, and to what extent it may spread in the United States. COVID-19 spreads mainly through person-to person transmission between people who are in close contact with one another (within about 6 feet). Additional transmission is through respiratory droplets produced when an infected person coughs or sneezes. People are thought to be most contagious when they are most symptomatic (the sickest). The testing turnaround time may take up to 2-4 days. It is important to note that this range may vary depending on testing demand. You will be notified of your result by your healthcare provider.

While awaiting COVID-19 test result:

o **Follow isolation instructions**
o If you live with others, self-isolate to a private room and use a private bathroom if possible.
o Wear a surgical mask when you enter general living areas and engage with others.
o If you develop additional symptoms or if your symptoms worsen, notify your healthcare provider for instructions.

If your healthcare provider notifies you that your COVID-19 test result is positive:

Self-isolate to your home until each of the following conditions are met:
1) No signs/symptoms for two days following the last day of your respiratory symptoms and/or fever without fever-suppressing medications, **AND**
2) you have communicated with your healthcare provider for recommendations on follow-up testing or received clearance to discontinue isolation

▪ If your symptoms worsen or if you require hospitalization, notify your healthcare provider immediately and adhere to instructions for masking and arrival to the facility.

If your COVID-19 test result is negative:

o If you are **asymptomatic (no symptoms)** isolation may be discontinued.
o If you are **symptomatic, (with symptoms)**, isolation may be discontinued; however, you may have a different lung infection that is circulating in the community. Avoid contact with others, such as work or group settings, until 2 days following the last day of your respiratory symptoms and/or fever.

To view a list of UBH healthcare providers, visit:
www.ubh.org/locations

Uintah Basin Healthcare

Information for those being **tested** for COVID-19

Social Distancing - Quarantine - Isolation
What Is the Difference?

Social Distancing

Used when in public or at work and not sick.

Why?
To reduce face-to-face contact and reduce the spread of disease.

How?
- Encourage people to stay at home.
- Give six feet of space from others.
- Work to minimize close contact between people.
- Frequent 20-second handwashing with soap and water (or hand sanitizer 60% alcohol based).

Quarantine

Used for people who may have been exposed but are not sick.

Why?
The person could have the virus in their body even if they don't have symptoms. They need to stay away from others until they find out for sure.

How?
- Separate living quarters if possible.
- Keep six feet away from other people
- Have food and necessities delivered.
- Frequent 20-second handwashing.

Isolation

Used for people suspected or confirmed to have COVID-19

Why?
To keep the person from infecting others.

How?
- Separate living quarters and bathroom facilities.
- Keep six feet away from other people.
- Have food and necessities delivered.
- All household members should wear a mask.
- Disinfect frequently touched surfaces daily.
- Frequent 20-second handwashing.

EVERYONE should be following social distancing (give 6' of space), wearing a cloth face covering in public settings where other social distancing measures are difficult to maintain, washing hands often, not touching their face, and avoiding non-essential travel outside of the Uintah Basin.
Those close to you who may have been exposed should self-quarantine.
If you were tested for COVID-19, and are awaiting a test result or your result is positive, follow guidance for isolation.

Uintah Basin Healthcare

ubh.org/covid-19-information
tricountyhealth.com I coronavirus.utah.gov I cdc.gov I 1-800-456-7707 or 1-888-EPI-UTAH