**COVID-19 Patient Handout**

**Should I get tested for COVID-19?**

* If you have symptoms of COVID-19 including fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea, testing is appropriate. Please call your provider to request an order.
* If you have had close contact to someone who tested positive to COVID-19 you should receive a test 5 days following exposure or if you develop symptoms following exposure- whichever is first. Please call your provider to request an order.
	+ A close contact is contact within 6 feet of someone for longer than 15 **cumulative** minutes- 2 days prior to a persons’ positive test or symptom onset and ten days after positive test or symptom onset
* If you are traveling and your destination requires testing prior to arrival- please call your provider with your departure date and the specific test that is required.
	+ Some states require testing be done at partnered testing locations

**My doctor sent an order. Where do I go for testing?**

* If your provider has sent an order, you can go to one of the following drive-up testing sites:
	+ Bozeman Health Deaconess Hospital, Parking Lot H | Weekdays, 8 a.m. to 4 p.m.
	+ Big Sky Medical Center, ambulance bay | Daily from 9 a.m. to 5 p.m.
	+ Belgrade Clinic + Urgent Care main parking lot | Daily from 8 a.m. to 7 p.m.

\*Bozeman Health takes 3-4 hours to process all orders. Please wait 3-4 hours after order is sent before going for testing.

**How much will a COVID-19 test cost?**

* Bozeman Health Charges $175 for PCR testing
	+ The cost of COVID-19 testing will be submitted to your health insurance. If you do not have health insurance, testing and specimen collection may be billed to HRSA (Health Resource and Service Administration- funds available under the CAREs act) or State covered testing programs on your behalf.

**What do I need to bring with me?**

* Please bring your ID and Insurance card

**How do I find out my results?**

* Results will be posted to Bozeman Health’s patient portal: Sanford My Chart.
* If you do not already have access, please visit below link to register: <https://www.mysanfordchart.org/MyChart/Signup>

**How long will it take to get my results?**

* Result times will vary based on testing volume for the day. Results can range from 2-7 days.

**What do I do while I wait for my results?**

* Stay at home and away from others, especially people who are at higher risk of getting very sick from COVID -19, such as older adults and people with other medical conditions.
* If possible, remain in a separate bedroom and use a separate bathroom. Ask friends or family members to do your shopping or use a grocery delivery service.
* Think about people you have been around the 2 days prior to your symptom onset or the 2 days prior to testing, if asymptomatic. If you are diagnosed with COVID-19, a public health worker may call you to check on your health, discuss who you have been around, and ask your locations while you may have been contagious.
* Monitor your symptoms and go to ER if you have increasing shortness of breath or difficulties breathing.

**What do members of my household do while I wait for my results?**

* Family members should stay home while awaiting test results if possible. If staying home from work is not an option AND household member is NOT symptomatic, all family members should take extra precautions by social distancing, wearing a mask, washing hands, and disinfecting high touch surfaces frequently.

**What if I test positive?**

* How do I care for myself?
	+ Stay at home, rest, and hydrate. Most cases of COVID-19 are mild and symptoms can be managed with supportive measures. Take Tylenol (acetaminophen) pain relievers, fever reducers, decongestants or cough medicine to manage symptoms. Call your primary care provider first if you have chronic health conditions before you take these medications.
	+ If you have a condition that may increase your risk of complications from COVID-19, consider purchasing a pulse oximeter to monitor your oxygen levels. Pulse oximeters aid in decision making by giving objective measurements. **If your oxygen levels are consistently below 90%, seek medical attention immediately.** Reliable pulse oximeters can be purchased at CVS or Amazon for around $30-$40.
* When do I Seek Emergency Medical Attention?
	+ Seek emergency medical care immediately if you experience any of the following:
* Trouble breathing
* Increasing Shortness of breath
* Persistent pain or pressure in the chest
* New confusion
* Bluish lips or face
* Inability to wake or stay awake
* Oxygen levels that are under 90%
* \*This list is not all possible symptoms. Please call your provider for any other symptoms that are severe or concerning to you. \*Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.
* How can I protect members of my household?
	+ Separate yourself from other people in your home.
	+ As much as possible, stay in a specific room and away from other people and pets in your home.
	+ Use a separate bathroom, if available.
	+ Disinfect “high-touch” surfaces everyday with an EPA registered disinfectant
		- Clean and disinfect high-touch surfaces in your “sick room” and bathroom. Allow someone else to clean and disinfect surfaces in common areas, excluding your bedroom and bathroom. If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
		- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, ect.
	+ Avoid sharing personal household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash these items thoroughly after using them with soap and water or put them in the dishwasher.
* When can I leave isolation?
	+ If you have confirmed or suspected COVID-19 and have symptoms, you can stop your home isolation when:
		- You’ve been fever-free for at least 24 hours without the use of fever-reducing medication **AND**
		- Your symptoms have gotten better, **AND**
		- At least 10 days have gone by since your symptoms first appeared.
	+ If you tested positive for COVID-19, but have not had any symptoms, you can stop your home isolation when:
		- At least 10 days have passed since the date of your first positive COVID-19 test, **AND**
		- You have not gotten sick with COVID-19
* When can my household members end quarantine?
	+ If you are able to maintain 6 feet distance from your household members during your isolation and you have no further contact with them, their last day of quarantine will be 10 days from their last contact with you.
	+ If you have further contact with them before your isolation ends (see above) their 10 day quarantine starts over.
	+ If your household member is unable to avoid close contact, their 10 day quarantine STARTS *after* you meet the criteria to end home isolation.
	+ Anytime a new household member gets sick with COVID-19 and a family member had close contact, their quarantine restarts.
	+ If a household member gets sick with COVID-19 during the 10 day quarantine, they then need to meet the criteria to end home isolation (see above).
	+ Please refer to the CDC website for schedules detailing quarantine guidelines:
		- https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

**What if I test negative?**

* Stay at home until your symptoms have improved and you have gone 24 hours without a fever. Call you doctor if your symptoms worsen. If you are a close contact you still need to quarantine for 10 days since your last exposure, even if you test negative.