



## Patient Information | COVID-19 Testing

Thank you for choosing MyCare Health Center. We understand the possibility of having COVID-19 can be concerning during this uncertain time. We are here to support you and your family during this time. Please read this information while you await your COVID-19 test results.

Until you receive your test results, you are presumed positive and should immediately return home for self-care and isolation.

You need to immediately notify your primary care physician that you are being tested for COVID-19 and check in with your provider as often as they deem necessary in order to monitor your symptoms for improvement.

If you do not have a primary care physician, MyCare Health Center is happy to be your medical home. We ask that you call us for a follow up telehealth appointment so we can monitor your symptoms. Physician monitoring is very important to ensure your symptoms are improving.

You will be contacted by one of our staff members with your test results in about 5-7 days. If you have not been contacted after 5-7 days, please call the MyCare COVID-19 Line (586) 596-2112.

### **Monitor for worsening symptoms. Know the emergency warning signs.**

If you develop emergency warning signs for COVID-19, get medical attention immediately by calling 911. Please notify emergency services if you are suspected to have COVID-19 so that first responders can prepare to safely transport you.

#### **Emergency warning signs may include:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all-inclusive. Consult your primary care provider for any other symptoms that are severe or concerning. If you do not have a PCP, please call one of our MyCare clinics; Mount Clemens – 586.783.2222, Center Line – 586.756.7777, Clinton Township – 586.493.0961.

#### **What should I do while I am waiting for my results?**

Most patients with COVID-19 have mild symptoms and recover on their own. Resting, staying hydrated, and sleeping are typically helpful.

- Stay home and isolate except for medical care. Do not have visitors over.
- Limit going outside your home, except for getting medical care. Wear a facemask around other people and continue social distancing.
- Clean all “high-touch” surfaces every day (i.e. doorknobs, phones, toilets) with household cleaning sprays. Do not share household items, (i.e. glasses, towels or bedding).
- Separate yourself from other people in your home.
- Cover your coughs and sneezes and throw away used tissues in a lined trashcan.
- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Monitor your symptoms. Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).



### **Symptoms you might encounter while resting at home:**

The following symptoms could be associated with Covid-19: fever(> 100.4°F), cough, sore throat, difficulty breathing or shortness of breath, muscle aches, headache, abdominal discomfort, vomiting, or diarrhea.

- Make sure you drink a lot of fluids to stay hydrated and rest at home.
- Over-the-counter medicines may help with symptoms.
- For **most people**, symptoms last a few days and get better after a week.

### **What if my test results are positive?**

- Continue to stay at home until your symptoms improve. If your symptoms get significantly worse, seek immediate medical attention.
- While at home, avoid contact with others. Any individuals you have been in contact with since you felt ill should also avoid leaving their home for two weeks.
- If any of your family members are showing symptoms, they should also stay isolated until their symptoms improve.
- Continue to wash your hands regularly and keep at least 6 feet from others.
- If you must go out, wear a facemask or other cloth covering. Cover your mouth and nose with a tissue when you cough or sneeze use the inside of your elbow. Clean and disinfect frequently touched surfaces daily, such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

### **When can I stop home isolation?**

Patients with confirmed COVID-19 should follow guidance from their healthcare provider about when they can stop home isolation. Home isolation will be discussed with your MyCare provider during your follow up telehealth appointments.

### **What should others at your home do while you wait for your results?**

- Help you follow the doctor's instructions.
- Help you monitor your symptoms. If there are worsening symptoms, call 911.
- Stay in another room. Household members should stay in another room or be separated from you as much as possible. Household members should use a separate bedroom and bathroom if available.
- Ensure good airflow is occurring in your home, such as by an air conditioner or an opened window, weather permitting.
- Wash hands often and avoid touching their face.
- Wash laundry thoroughly.
- Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.
- Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.