

Home Quarantine Instructions

Your COVID-19 coronavirus test is currently being processed. The turnaround time for your results is expected to be three to four (3-4) days. Special circumstances could delay the results.

While waiting for your test results, you're directed to quarantine at home.

Please follow the steps below until your doctor contacts you with the results of the COVID-19 coronavirus test.

- 1. Stay home.** You should not leave your home except for emergency medical care. Do not go to work, school or public places. Do not use public transportation or taxis/rideshares.
- 2. Separate yourself from other people in your home.** You should stay in a different room from other people in your home. Use a separate bathroom, if available.
- 3. Wear a face mask.** Wear a facemask at all times. If you cannot wear a face mask, other people in your home who are with you should wear one.
- 4. Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other household items with other people in your home.
- 5. Wash your hands.** Wash your hands often and thoroughly with soap and water, for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth.
- 6. Cover your coughs and sneezes.** Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water for at least 20 seconds.
- 7. Monitor your symptoms.** Symptoms of COVID-19 coronavirus are similar to lower respiratory symptoms such as cough, congestion, fever and shortness of breath. Treat symptoms with Tylenol, fluids, rest and a healthy diet. If you experience moderate to severe shortness of breath, contact your medical provider immediately. If you're directed to a health-care facility, call the facility beforehand and let them know you will be arriving, and of your current status as a suspected COVID-19 coronavirus patient.

What if my test is positive? Most patients who test positive for COVID-19 coronavirus will experience mild to moderate respiratory symptoms and recover with supportive care. If your test is positive, you'll be home quarantined for at least 14 days. This time frame may change based on current Center for Disease Control (CDC) guidelines.

I agree to the home quarantine guidelines as outlined above.

Patient signature

Updated 4/7/20

Date