



I am experiencing symptoms, like a cough or fever. Will my health care provider test me for COVID-19?

There are guidelines that help your health care provider decide whether you should be tested. Your health care provider will ask you questions to try to determine the source of your illness. They may ask you about your travel history, because some areas in the United States and throughout the world are experiencing more cases of COVID-19 than other areas.

Some people are at a higher risk for serious illness of COVID-19 due to their age or health conditions. It is important that they are tested. Other people with COVID-19 will only develop mild symptoms and may be able to care for themselves safely at home. Therefore, your health care provider may determine that you do not need to be tested and you will be asked to go home and monitor your symptoms.

Remember, we still have other viruses circulating (such as the flu) that have similar symptoms to COVID-19. If your symptoms get worse, you should seek care again to be re-evaluated. For your safety and the safety of other patients, **It is important that you always call your health care provider before you arrive at their office.**

My health care provider did not test me for COVID-19. What should I do?

- Continue to monitor your symptoms at home. If your symptoms get worse, you should call your healthcare provider or seek care to be re-evaluated.
- Try to stay home, except to get medical care
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

I was tested for COVID-19. What should I do?

- You will have to wait a few days to find out the results of the test
- It is important that you remain in isolation at your home or another safe place where you are not in contact with other people
- If you test positive, you will be told that you need to remain in isolation for as long as your provider advises. It is critically important that you do this to prevent spreading the virus to other people.

I tested positive for COVID-19. What should I do?

- Most people who get COVID-19 will be able to recover at home
- Stay home, except to get medical care. Even when you start feeling better, stay home as long as your provider recommends (as you may still be able to pass on COVID-19 to others)
- If possible, use a separate room and bathroom than your household members
- Wash your hands regularly
- Avoid sharing personal items, such as utensils, or food and drinks with other household members
- Remain in isolation at home or another safe place until your health care provider advises that it is safe for you to discontinue isolation



- If you develop severe symptoms, seek medical help. Severe symptoms may include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face