



DISCHARGE INSTRUCTIONS FOR PERSONS WHO HAVE BEEN TESTED FOR COVID-19

If your rapid test is NEGATIVE and you have not recently had a positive test:

Your rapid test for Covid-19 (“the coronavirus”) is negative.

If you have symptoms that are strongly suggestive of Covid-19, **another specimen may be sent to Labcorp for confirmatory testing**, which will take several days. In that case, we will notify you by phone, text, or email when we receive your confirmatory test results, and **you must remain in self-quarantine** (instructions provided) until you (1) receive a negative result on your confirmatory test, and (2) have no fever anymore.

By law, the Texas Department of State Health Services (DSHS) will be notified that you were tested, and what your test results are.

If you have been diagnosed with Covid-19 recently and your rapid test is NEGATIVE:

If you had Covid-19 and are being tested to ensure that your disease has resolved (a return-to-work test), and you have self-quarantined for at least 10 days and have no fever, then no further testing is necessary.

As long as you have self-quarantined for at least 10 days and have no fever, then you may stop self-quarantine and resume your regular activities. However, since we do not know enough about immunity to this disease, you will still need to wear a mask whenever you are out of your house, stay at least 6 feet away from people, and avoid large crowds or gatherings.

By law, the Texas Department of State Health Services (DSHS) will be notified that you were tested, and what your test results are.

If your rapid test is **POSITIVE**:

Your rapid test for Covid-19 (“the coronavirus”) is positive.

According to CDC guidelines, if you test positive for Covid-19, you need to **stay in self-quarantine until you have had no fever for 24 hours, and it has been at least 10 days since your symptoms first appeared.**

In your case, you will have to stay in self-quarantine until _____, provided that you don’t have fever for the last 24 hours.

- **How do I self-quarantine?** A copy of the CDC’s self-quarantine instructions is being provided.
- **If I feel better, can I stop the self-quarantine sooner?** No, unfortunately not. The purpose of the self-quarantine is to prevent the spread of the disease to others, which is possible even if you feel better.
- **Do I need to tell people that I have had contact with that I have Covid-19?** Yes. You should notify anyone you have had close contact with (closer than 6 feet apart, with no mask on, for more than a few minutes) that you have Covid-19, and that they need to self-quarantine for 14 days from that contact. The health department may call you for contact-tracing. Please answer that call and assist them with this.
- **Do my friends and family members need to be tested?** If they can easily self-quarantine for a period of 14 days and they do not have symptoms, then they do not necessarily need to be tested. However, if they need to be tested for work or another reason, we will be happy to test them at CityDoc.
- **Do I need to be re-tested after my self-quarantine?** The CDC no longer requires testing to ensure that your disease has resolved. If you self-quarantine for at least 10 days from the start of your symptoms, and no longer have fever, you may stop self-quarantine without any further testing. If your work requires you to be re-tested, we can do a repeat rapid test once your self-quarantine is complete.
- **Do I need to do anything differently after the self-quarantine?** You should continue to wear a mask outside of the house, stay at least 6 feet away from people, and avoid large gatherings. This is a new disease: we cannot pinpoint exactly when you stop being contagious, and we do not know how long immunity lasts. You will need to continue to take precautions.
- **Will I develop any more symptoms than I have now?** You might, especially if you had very mild symptoms when you were diagnosed. You might develop fever, cough, shortness of breath, fatigue, “body aches,” or changes in smell and taste. Many people, however, do not develop any more symptoms.
- **What should I watch out for?** The main thing you should pay attention to is your breathing. If you become short of breath, you should go to the ER immediately, and tell them that you have Covid-19. Also go to the ER if you become confused, or if you can’t keep down liquids.
- **Do I need to take any medications for this?** There are no medications that cure this disease. Antibiotics do not help. You can, however, take over-the-counter symptom-relievers.
- **Is there anything special I should be eating or drinking?** No. You can eat or drink whatever you want. Be sure to stay well-hydrated.
- **Are there any long-term effects from this?** We don’t know this yet, so you should follow up with your primary care doctor in a few months for a thorough exam.

By law, the Texas Department of State Health Services (DSHS) will be notified that you were tested, and what your test results are.

SELF-QUARANTINE INSTRUCTIONS:

- 1) **Stay home except to get medical care**
Restrict your activities outside your home, except for getting medical care.
Do not go to work, school, or public areas.
Do not use public transportation, ride-sharing, or taxis.
- 2) **Separate yourself from other people and animals in your home**
Stay in a specific room and away from other people in your home.
Use a separate bathroom, if available.
Have another person care for your animals.
If you must be around animals, wash your hands before and after and wear a mask.
- 3) **Notify your primary care doctor that you have been tested, and call ahead before any medical visits.**
- 4) **Wear a face mask any time you are around other people or pets.**
- 5) **Avoid all contact with persons over the age of 60, or persons with chronic medical illnesses.**
- 6) **Cover your mouth and nose with a tissue when you cough or sneeze.**
Throw used tissues in a lined trash can.
Wash your hands for at least 20 seconds after coughing or sneezing.
- 7) **Wash your hands often for at least 20 seconds.**
- 8) **Avoid sharing personal items.**
These include dishes, drinkware, utensils, cosmetics, grooming items, bedding, and towels.
Wash all personal items thoroughly after using.
- 9) **Clean all high-touch surfaces every day with a household cleaning spray or wipe.**
- 10) **Monitor your symptoms.**
Seek prompt medical care for any worsening of symptoms.
Call any doctor/hospital that you plan to visit and tell them you are being evaluated for Covid-19.
Put on a face mask before going to any medical facility.
If you have to call 911, notify the dispatcher that you are being evaluated for Covid-19.
- 11) **Continue self-quarantine for at least 10 days from the onset of your symptoms, and do not stop self-quarantine until you have not had fever for at least 24 hours.**

These instructions are intended to assist in decreasing the spread of Covid-19, especially to vulnerable populations. These guidelines are adapted from the Centers for Disease Control and Prevention (CDC) Interim Guidance on Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities. For more information, see: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

INSTRUCTIONS FOR HOUSEHOLD MEMBERS OF A PERSON BEING TESTED FOR COVID-19

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for, COVID-19.
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Both you and the patient should wear a face mask when around other people.
- Wear a disposable face mask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - Throw out disposable face masks and gloves after using them. Do not reuse.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of face mask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Place all used disposable gloves, face masks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands after handling these items.