

You have been tested for COVID-19.

What's next?

1. Stay home (quarantine)

until you have received your result, **which will come by phone.**



2. Monitor your symptoms

carefully. If your symptoms get worse, call your healthcare provider immediately.



3. Get rest and stay hydrated.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



Emergency warning signs 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 medical provider for any other symptoms that are severe or concerning.*

6. Cover your cough and sneezes.



7. Wash your hands often

with soap and water for AT LEAST 20 SECONDS, or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room **away from other people** in your home.

Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



11. **Keep your phone on!**

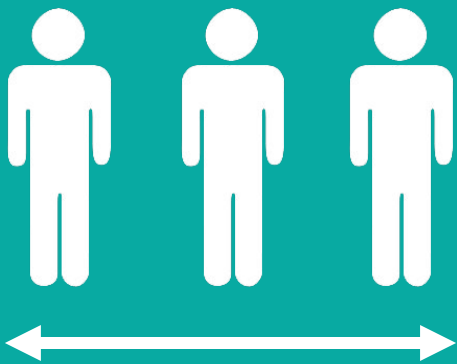
As soon as we have your result, we will contact you by phone.



12. If you received your COVID-19 test at curbside, **you will pay nothing out-of-pocket.** We will bill your insurance and accept their payment for your test (you may receive a statement for other services). For any billing questions, call (660) 831-3730.

Social Distancing - Quarantine - Isolation

WHAT IS THE DIFFERENCE?



Social Distancing

Keep six feet between you and others. Used when in public or at work and not sick.

WHY?

To reduce face-to-face contact and reduce the spread of disease.

HOW?

- Encourage people to stay at home.
- Allow six feet of space between others.
- Work to minimize close contact between people.



Quarantine

Do not leave your house. Used for people who may have been exposed to COVID-19 or are sick.

WHY?

The person could have the virus in their body even if they don't have symptoms. They need to stay away from others until they find out for sure.

HOW?

- Separate living quarters if possible.
- Keep six feet away from other people.
- No visitors, including family.
- Have food and necessities delivered.
- Clean and disinfect high-touch and household surfaces often.



Isolation

While at home, stay away from everyone, including those who live with you. Used for people suspected or confirmed to have COVID-19.

WHY?

To keep the person from infecting others.

HOW?

- Separate living quarters and bathroom facilities secured against unauthorized access.
- Keep six feet away from other people.
- No visitors, including family.
- Have food and necessities delivered.
- Clean and disinfect high-touch and household surfaces often.