

****PLEASE DO NOT LEAVE UNTIL YOU HAVE SEEN A PROVIDER EITHER IN PERSON OR ON VIDEO VISIT!**** WE CANNOT SEND THE SWABS FOR TESTING UNTIL YOU SEE A PROVIDER!

COVID-19 DISCHARGE INSTRUCTIONS:

Before you get tested & while awaiting results:

- Stay home & isolate unless you're seeking medical care
- Separate yourself from people & animals in your home
- Stay in a specific room, away from other people
- Monitor your symptoms for signs of worsening.
- Clean all "high touch," areas often (counters, doorknobs, phones, toilets, etc)
- Don't share household items (cups, dishes, towels, bedding, etc)
- Practice hand hygiene often, either washing your hands (preferred) or with hand sanitizer
- If you have been in close contact with someone who tested positive, even if you don't have symptoms, you should quarantine for 14 days from last known exposure even if you test negative.

Symptoms of COVID-19 May Include the following:

- Fever or chills
- Cough
- Trouble breathing
- Fatigue
- Body aches or muscle pain
- Headache
- Loss or change in taste or smell
- Sore throat
- Congestion, runny nose, or "allergies" symptoms
- Diarrhea
- Nausea or vomiting
- This is NOT a complete list. Please call or ask your provider for specific questions.

If you test positive for COVID-19:

- You may be contacted by NM Department of Public Health, and interviewed to start the contact tracing process
- **Completely isolate yourself from others for at least 10 days, and until your fever has been gone for 24 hours without the use of fever-reducing medications**
- Monitor your symptoms, and follow the guidance above
- If you must seek emergency care, tell the 911 dispatcher or the hospital that you are COVID-19 positive

If you test negative for COVID-19

Great! Continue to monitor your symptoms and contact your healthcare provider as needed. In some instances, you can have a false-negative test for COVID-19. You should continue to quarantine for 10 days from onset of symptoms suspicious for COVID-19.

What if I am getting worse?

• **Call 911 or go directly to the emergency room if you experience chest pain, difficulty breathing, confusion, fever that doesn't respond to medication.** If you have a medical emergency and need to call 911, tell the dispatch personnel that you may have been exposed to COVID-19. If possible, put

on a face mask before emergency medical services arrive or immediately after they arrive. **For Questions: NM Coronavirus Hotline at 1-855-600-3453.**

What about my family/household members?

- You should avoid contact with everyone as much as possible. Household members should quarantine away from you for at least 14 days. If that is impossible, household members should quarantine for 14 days from the time you meet criteria to discontinue isolation (10 days from onset AND fever-free). https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine-isolation.html

WHERE ARE MY RESULTS?

If your test is POSITIVE: WE WILL CALL YOU as soon as we can with the result. You can access the portal below as well.

If your test is NEGATIVE – you WILL NOT receive a phone call.

Although we prefer to follow up with our patients with a phone call, it is impossible to keep up due to the extreme volume in the community right now. It is **IMPORTANT** to recognize that the test is not perfect, and false negatives are not uncommon. PLEASE CONTINUE TO QUARANTINE ACCORDING TO THE INSTRUCTIONS ABOVE!!!

You can set up an account to access your results by going to the MyQuest portal through Quest Diagnostics at the following link. <https://myquest.questdiagnostics.com/web/home>

Once you have set up your adult account, you can use “My Circle” to “Add Family Member”. For children <13 years old, you will need to submit proof such as a birth certificate or other legal paperwork.

IF YOUR SYMPTOMS BECOME SEVERE, DO NOT RETURN TO URGENT CARE. YOU SHOULD GO TO THE ER WHERE YOU CAN BE EVALUATED AND TREATED IN AN ENCLOSED ENVIRONMENT.