

# COVID-19 TESTING PATIENT INSTRUCTIONS

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## Next Steps.....

Specimens that are collected at Sparta Community Hospital are sent to an outside lab for testing. The time frame for receiving test results may vary. **Typically, we have results back within 72 hours, however they can take up to 96 hours.** Once received, your results will be viewable on your Sparta Community Hospital Patient Portal under scanned documents. The results will show as either detected or not-detected. **You will only receive a phone call from Sparta Community Hospital if your test returns detected for COVID-19.** If your test returns as detected, this means that you have tested positive for COVID-19.

Access your SCH Portal by visiting: [www.spartahospital.com/for-patients/patient-portal/](http://www.spartahospital.com/for-patients/patient-portal/)

If you are positive, you may be contacted by the health department before you hear from the provider. PLEASE make a point to answer the phone, even if you do not recognize the number.

### While you wait for your test results, in accordance with the Illinois Department of Public Health (IDPH) you should:

- ⇒ Continue to practice **social distancing**, practice good hand hygiene, avoid close contact with people who are sick, avoid touching your face, disinfect surfaces, cover coughs and sneezes, and wear a mask.
- ⇒ Inform your supervisor at work that you have been tested for COVID-19, and note the date of the testing.
- ⇒ Self-monitor for symptoms.
- ⇒ If you are experiencing symptoms, let your supervisor know, and stay home.
- ⇒ If you are not experiencing symptoms, work with your employer to determine work restrictions, if any.
- ⇒ Please understand that even if you don't experience symptoms, you **might** make others sick.

### Self-Monitor for Symptoms

- Respiratory distress such as shortness of breath
- Fever/chills
- Cough
- Sore Throat
- Muscle aches
- New loss of taste or smell
- Note the day any new symptoms begin, and keep a record of when they are experienced.

**If at any time you develop concerning symptoms, it is very important that you contact your PCP or Sparta Community Hospital Quality Healthcare Clinics at 443-1362.**

**Sparta Community Hospital CANNOT issue return to work slips for patients. If test returns as detected, the health department of your residence will notify you when your quarantine or isolation period ends. Your health department of residence may also provide you with a letter of release.**

When seeking medical attention, please call ahead, so that your provider or emergency department may take necessary precautions to keep other patients safe from exposure. If you call 911, please notify the dispatcher that you are seeking care for someone who has, or may have COVID-19.

## If your COVID-19 test results come back as positive you should isolate...

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

*If you have a fever, continue to stay home until your fever resolves.*

## If you were exposed to someone with COVID-19, you should quarantine....

**IF YOU:**

Have been boosted

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

**-OR-**

*If you develop symptoms, get a test and stay home.*

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

**-OR-**

Completed the primary series of J&J vaccine within the last 2 months

**IF YOU:**

Completed the primary series of Pfizer or Moderna vaccine in over 6 months ago, and are not boosted

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine, you must wear a mask for 10 days.
- Test on day 5 if possible.

**-OR-**

Completed the primary series of J&J over 2 months ago, and are not boosted

*If you develop symptoms, get a test and stay home.*

**-OR-**

Are unvaccinated

## If your COVID-19 test results come back as negative...

You are probably not infected at this time. However, you must continue to practice all protective measures to keep yourself, and others safe. Precautions include:

- Continuing to practice **social distancing**, practice good hand hygiene, avoid social gatherings according to local guidelines, avoid close contact with people who are sick, avoid touching your face, disinfect surfaces, cover coughs and sneezes, and wear a mask.
- Continuing to monitor your temperature and notify your provider if any concerning symptoms occur.

# How to Help Prevent Severe Illness from COVID-19

## COVID-19 Monoclonal Antibody Therapies for COVID-19 Positive Patients

Sparta Community Hospital is providing COVID-19 monoclonal antibody treatment to eligible patients in accordance with the FDA Emergency Use Authorization (EUA) criteria.

Monoclonal antibodies are a specific type of treatment being used to treat COVID-19. A patient may qualify for antibody treatment due to a combination of age, health history, and duration of COVID-19 symptoms.

Monoclonal antibody treatment may reduce the patient's chance of getting sicker or being hospitalized. Monoclonal treatment may also help people you live with from getting sick. Treatment is administered via an infusion into the patient's vein as an outpatient in the hospital, or a few small injections under the skin in your home with At-Home Health Care.

*To learn more about what these therapies are, and how they can help prevent mild to moderate symptoms from getting worse, please speak to your primary care provider.*

## COVID-19 Vaccination is a Safer Way to Build Protection

COVID-19 vaccination reduces the risk of COVID-19, and its potentially severe complications. COVID-19 vaccines can help keep you from getting and spreading the virus that causes COVID-19.

COVID-19 vaccines help individuals from getting seriously ill, requiring hospitalization or causing death, even if the individual contracts COVID-19.

There is evidence that people get better protection from COVID-19 by being fully vaccinated compared with having had COVID-19.

## Wear a Mask and Social Distance

The science is clear: When you wear a mask, you protect others, as well as yourself. Masks work best when everyone wears one. A mask is NOT a substitute for social distancing. Masks should still be worn in addition to staying at least 6 feet apart, especially when indoors around people who do not live in your household.

### **Vaccines are SAFE & AVAILABLE!**

#### **Randolph County Health Department**

Schedule by calling 618-826-5007, ext. 8.

#### **Jackson County Health Department**

Schedule online at [www.jchdonline.org](http://www.jchdonline.org)

#### **Perry County Health Department**

Schedule by calling 618-357-5371.

#### **St. Clair County Health Department**

Schedule online at [www.co.st-clair.il.us](http://www.co.st-clair.il.us)

#### **Washington County Health Department**

Schedule by calling 618-327-3644.

#### **Retail Pharmacies**

Additionally, select pharmacies across the country are being authorized to assist with vaccinations. Pharmacies in our region that you *may* be able to receive your vaccine are: **Kroger, Tony's MediCenter Pharmacy, Walgreens, and Walmart.**