

COVID-19 (Coronavirus) TESTING and HOME CARE GUIDANCE

We know how stressful this situation may be for you and your family, and we want you to know that we are continuing to provide safe, high-quality care to meet the needs of both our patients and community.

If You Were Tested for COVID-19 (Coronavirus):

- You should isolate yourself and family at home until you are called with your test results after which you will receive further guidance from a health care provider.
- We will contact you with your results, positive or negative.
- The Colorado State Department of Public Health is also notified of these results and may be contacting you, as well, if you are positive.
- If you have a positive test, you will need to isolate yourself and family at home for at least 14 days. Your doctor may choose to release you after 10 days if your symptoms are improving and you have not had a fever for at least 72 hours.
- If you have any worsening of symptoms, continued high fevers, shortness of breath or coughing, you should go to an Emergency Room for further evaluation. Studies have shown day 7-9 is when respiratory symptoms could worsen in those with COVID-19 potentially requiring hospitalization, thus we ask you monitor closely especially during that time period. At any time if any of your symptoms are severe you should call 911 for ambulance transport.
- Some studies show that Ibuprofen (Advil/Motrin) might make COVID-19 worse in some patients, and we would advise you to consult with your own Primary Care Provider for the latest home care instructions if needed. You may use Acetaminophen every 6-8 hours for fever or discomfort. The max dose of Acetaminophen (Tylenol) is 4,000mg in a 24-hour period. Please always refer to dosing guidelines for any over the counter products.
- Antibiotics do not fight the Coronavirus so they are not indicated.
- Please call your Primary Care Provider for any further guidance or questions.

If You Were Not Tested for CORONAVIRUS:

- It is likely that you do not currently meet criteria for testing today.
- These testing guidelines are changing daily and may reflect the level of disease activity in our community and the local availability of test kits.
- We would recommend home care and continued monitoring for flu-like symptoms, cough, fevers over 100.4 (monitor temperature twice daily), and shortness of breath.
- If you have any worsening of symptoms, continued high fevers, shortness of breath or coughing, you should go to an Emergency Room for further evaluation. You may need to call 911, for ambulance transport, if your symptoms are severe.
- If you or your employer needs to know when it is safe to return to work or interact with those requiring close contact, the Current recommendation from The Colorado



Department of Public Health and Environment is that you be fever free for 72 hours, that your symptoms have improved and at least 7 days have passed from when your symptoms first appeared.

- Please call your Primary Care Provider for any further guidance and questions.