

If You are Home and Waiting for COVID-19 Test Results

You **MAY** have a virus called COVID-19, also known as novel coronavirus.

Symptoms may include:

- muscle aches
- fever
- chills
- runny nose
- cough
- sneezing
- sore throat
- vomiting
- diarrhea

You have been tested for COVID-19. Results will typically take 5-7 days to be available from test locations.

If you are an existing VUMC patient and you were tested at a one of our assessment sites, your results will be available in your My Health at Vanderbilt web portal account at www.myhealthatvanderbilt.com. Please do not call for your test result. My Health at Vanderbilt is a much better way to see your result.

If you are not an existing patient at Vanderbilt and were not tested at one of our assessment sites, your provider and/or testing facility will instruct you how to access your test results.

While waiting for your result, you can treat your symptoms at home:

- **Isolate yourself from others as much as possible.**
- Drink plenty of fluids and take over-the-counter cold and flu medicine.

If your test result comes back “Not Detected” (negative), this means that we did NOT find any evidence that you have COVID-19. You can return to normal activities once you feel

better and your fever has been gone for at least 24 hours.

If your test result comes back “Presumptively Detected” (positive), this means that we DID find COVID-19. You need to:

- Isolate yourself from others. (Follow the guidelines on page 2.)
- Continue to drink plenty of fluids and take over-the-counter cold and flu medicine.
- Continue to isolate yourself for at least 7 days AND until your fever has been gone for at least 3 days.

While at home it is important that you watch for worsening symptoms. **Go to the closest emergency department or call 911 if you:**

- have trouble breathing or are so short of breath that you can't speak a sentence without stopping to breathe
- feel so weak that you can't walk to the bathroom or care for yourself
- are confused
- have low blood pressure.

If you feel worse, but your symptoms aren't this bad, call your provider's office. If you can't reach a health care provider, call the Vanderbilt COVID-19 hotline at 888-312-0847.

To protect health care workers and prevent the spread of the disease, tell your health care team that you have been diagnosed with COVID-19 whenever you seek medical help.

If You are Home and Waiting for COVID-19 Test Results

While you are at home, you must isolate yourself to protect others.

Follow these guidelines for isolating yourself to protect others.

Stay home unless you need medical care.

Don't go to work, school, or public areas. And avoid using public transportation (buses, ridesharing, or taxis). Stay at home until your provider determines that you are no longer at risk of giving the virus to others.

Clean your hands often.

Use soap and water if you can see dirt on your hands, and wash for at least 20 seconds. Otherwise, you can use a hand sanitizer that has 60 to 95% alcohol in it. Rub it over all the surfaces of your hands until dry.

Regularly clean surfaces that you touch.

Clean counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards, and other things that you touch a lot. Also, clean any surfaces that have your blood, stool, or body fluids on them. Use a disinfecting household spray or wipe and follow the instructions for safe use. Wash laundry thoroughly, especially anything that has your blood, stool, or body fluids on it. Dry at the warmest recommended temperature.

Cover your face when you cough or sneeze.

Cover your mouth and nose with a tissue or with the inside of your elbow and arm when you cough

or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands.

Separate yourself from others in your home.

If possible, use a separate bedroom and bathroom. Don't have visitors, unless they need to be there. Also, don't handle pets or other animals. This might transfer the virus to others.

Don't share household items.

Avoid sharing dishes, drinking glasses, cups, silverware, towels, or bedding with others. If you use these items, wash them thoroughly with soap and water.

Wear a facemask when around other people.

If you are not able to wear a facemask, other people should not stay in the same room with you, or they should wear a facemask if they enter your room. If you need medical help, tell your provider that you have or are suspected of having COVID-19 before you go in for help. And put on a facemask before you enter the facility. This will help keep others from being exposed or infected.

If you have a medical emergency, tell the 911 operator that you have or may have COVID-19. If possible, put on a facemask before the emergency team arrives.