



COVID-19 Patient Instructions After Testing

WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

For those who have symptoms when tested:

- Self-isolate in your home. If you are able to, isolate in a private room and use a private bathroom as much as possible. Interact with others as little as possible.
- Wear a mask whenever you are around anyone even indoors.
- Whoever else lives with you should also stay at home.

For those who do not have symptoms:

- If you know you were exposed to a confirmed case of COVID-19 quarantine until 14 days after your last exposure, regardless of your test result.
- Limit interactions with others.
- Continue to stay at least 6 feet away from others, wash hands frequently, and wear a face covering while in public or when unable to social distance at your home.
- If you do develop any symptoms, please notify us for further instructions.

How and when do I get my results?

- Most results are available within 24 to 48 hours of testing. You can sign up for MyChart at the hospital, although the account takes time to activate.
- We will also contact you by phone and put the result on your Pediatric Associates patient portal account once a provider has reviewed your lab. If you do not have a portal account, please call us to get set up 859-341-5400.

When can I return to school/work?

- If you test positive stay home for 10 days and make sure you are feeling better and don't have a fever for 24 hours prior to returning.

Please call the office for any concerns and especially for:

- Signs of dehydration
- Labored breathing or wheezing
- Fever for more than 3 days
- Any neurologic signs such as numbness, confusion, etc