OSU | MEDICINE

COVID-19: Patient Instructions for Self-Quarantine While Awaiting Laboratory Results

COVID -19 spreads mainly through person-to person transmission between people who are in close contact with one another (within about 6 feet). Additional transmission is through respiratory droplets produced when an infected person coughs or sneezes. The testing turnaround time ranges from 24 to 36 hours. It is important to note that this range may vary depending on testing volume. You will be notified of your result by your healthcare provider.

While awaiting COVID-19 test result:
o   Self-quarantine in your home.
o   If you live with others, self-isolate to a private room and use a private bathroom if possible.
o   Wear a mask when you enter general living areas and engage with others.
o   Frequently clean high touch surfaces to reduce transmission to others who may be coming into contact with the same surfaces (counters, door knobs, etc.).
o   If you develop additional symptoms or if your symptoms worsen, notify your healthcare provider for further instructions.

If your healthcare provider notifies you that your COVID-19 test result is positive:
Self-isolate to your home until each of the following conditions are met:
1) At least 10 days* have passed since symptom onset AND
2) At least 24 hours have passed since resolution of fever without the use of fever-reducing medications AND
3) Other symptoms have improved.

A limited number of persons with severe illness may produce replication-competent virus beyond 10 days, that may warrant extending duration of isolation for up to 20 days after symptom onset. If you experience severe symptoms, please contact your healthcare provider.

When to seek emergency medical attention
Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**
• Trouble breathing
• Persistent pain or pressure in the chest
• New confusion
• Inability to wake or stay awake
• Bluish lips or face
*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

If your COVID-19 test result is negative:
o   If you had a **close contact to a confirmed case of COVID-19**, **you should continue to self-quarantine for the full 14-days from the date of that contact <u>even though your test result was negative</u>. Close contacts** are defined as any individual who has had close contact (< 6 feet) for at least 15 minutes with a person 48 hours before the onset of symptoms or during the 10 days since symptoms first appeared.
o   If you are **symptomatic,** home quarantine may be discontinued; however, you may have another respiratory pathogen that is circulating in the community.
•   Avoid school, work, and group settings until two days following the last day of your respiratory symptoms and/or fever.
These recommendations should be discussed with your primary care physician as each case is unique and your provider may have additional recommendations.