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**COVID-19 RT-PCR POST TEST INSTRUCTIONS**

**Test results are typically available next day before 7 p.m. and will be emailed individually.**

Please contact Vitality Operations if unable to vie results by expected time at E-Mail: [info@vitalityurgentcare.com](mailto:info@vitalityurgentcare.com) or 224.601.5001

* Monday:  7:00 a.m. — 3 p.m. (Results by Tuesday 7 p.m.)
* Tuesday: 11:00 a.m. — 7 p.m. (Results by Wednesday 7 p.m.)
* Wednesday: 7:00 a.m. — 3 p.m. (Results by Thursday 7 p.m.)
* Thursday: 11:00 a.m. — 7 p.m. (Results by Friday 7 p.m.)
* Friday 7:00 a.m. — 3 p.m. (Results by Saturday 7 p.m.)

NOT - VACCINATED PEOPLE WHO HAVE BEEN EXPOSED TO COVID-19:

**If you are not vaccinated, or if the last dose of vaccine you had (vaccine or booster) was more than 6 months ago:**

* Quarantine at home for 5 days
* Wear a high-quality, well-ﬁtting mask around others for an additional 5 days
* Test on day 5 if possible
* Test if you develop symptoms at any point
* If you are unable to quarantine, then wear a mask for 10 days

**I am concern about recent exposure to Covid-19, what should I do?**

VACCINATED PEOPLE WHO HAVE BEEN EXPOSED TO COVID-19:

**If you are vaccinated and have had the vaccine or a booster within the last 6 months:**

* No quarantine
* Wear a high-quality, well-ﬁtting mask around others for 10 days
* Test on day 5 if possible
* Test if you develop symptoms at any point

**What does a positive Covid test mean?**

A positive test means that you have Covid-19 and will need to self-isolate.

**How long do I have to self-isolate?**

These guidelines change periodically, so check the CDC website for the most current guidelines. As of December 30th, 2021, the guidelines are: These guidelines are the same for both vaccinated and unvaccinated people.

* Isolate (as above) for 5 days.
* After 5 days, you can stop isolation if you do not have fever, and your symptoms are improving.
* You must wear a high-quality, well-ﬁtting mask any time you are around people for 5 more days

**Self-Care Home Instructions**

**Monitor your symptoms.**

* Seek prompt medical care if you develop diﬃculty breathing.
* Call any doctor/hospital that you plan to visit and tell them you have Covid-19.
* Put on a face mask before going to any medical facility.
* If you have to call 911, notify the dispatcher that you have Covid-19.
* Stay home except to get medical care
* Restrict your activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ridesharing, or taxis.
* Stay in a speciﬁc room and away from other people in your home.
* Use a separate bathroom, if available.
* Wash your hands often for at least 20 seconds.

**Q & A**

**If I feel better, can I stop the self-isolation sooner?**

No, unfortunately not. The purpose of the self-quarantine is to prevent the spread of the disease to others, which is possible even if you feel better.

**Do I need to tell people I have had contact with that I have Covid-19?**

Yes. You should notify anyone you have had close contact with (closer than 6 feet apart, with no mask on, for more than 15 minutes) that you have Covid-19, and that they need to follow CDC exposure guidelines (see above). You should inform everyone you had contact with starting 4 days before your symptoms began. The health department may call you for contact-tracing. Please answer that call and assist them with this if that happens.

**What about people I live with?**

There is a strong possibility that people you live with will also come down with Covid-19. You should self-isolate to try and prevent that, but if they develop symptoms, it is probably Covid-19, and they should self-isolate according to the guidelines. They do not necessarily need to be tested unless work, school, or travel requires it. If they do not have symptoms, then they should follow CDC exposure guidelines (see above).

**Do I need to be re-tested after my self-isolation?**

The CDC guidelines do not require testing at the end of the self-isolation period. However, if you need to be retested for work, school, or travel, then we will be happy to test you. Please be aware that your test may still be positive after your self-isolation period. This does not necessarily mean that you have enough virus in your system to make other people sick, but you should at least wear a high-quality, well-ﬁtting mask around other people in that case.

**How long will I be contagious?**

This is a good question, and we do not have all the information yet, especially as it relates to the new variants. It is likely that most, but not all, people will stop being infectious at the end of 5-10 days from the time that their symptoms began. People who are vaccinated are probably infectious for a shorter period than people who are unvaccinated. This is why it is important to wear a high-quality, well-ﬁtting mask even after your 5-day self-isolation period. It is important to keep in mind that most of the spread of Covid-19 is by people who are early in the disease, and who don’t even know they have Covid yet

**Will my symptoms get worse, and what do I need to look out for?**

It is possible, but it depends on a lot of things. Symptoms with the delta variant tend to be more severe than with omicron, and people who are not vaccinated who have delta have a higher likelihood of requiring hospitalization than people who are vaccinated. People who are vaccinated have a low probability of getting severe illness, regardless of which variant they have. The main thing you should pay attention to is your breathing. You might develop fever, fatigue, body aches, sore throat, and congestion, but if you have diﬃculty breathing, you should go to the hospital immediately.

**What are the variants, and which one do I have?**

At this time, it is impossible to test to see which variant any particular patient has.

Currently, there are two variants circulating in the United States: Delta and Omicron.

People who are vaccinated against Covid-19 are signiﬁcantly less likely than unvaccinated people to catch the delta variant, or to have severe disease with the delta variant.

The omicron variant is highly contagious, and more contagious than delta. It is too early to know the hospitalization rate and death rate for omicron, but early data suggest that it causes milder disease than previous variants.

As of December 25, 2021, in this region, about 87% of the Covid cases were omicron, and 13% were delta.

**IMPORTANT**

*A negative test only says that the virus was not present or not present in a large enough amount to be detected. When testing is negative, the possibility of a false negative result will be considered depending on the context of your recent exposures, the presence of clinical signs and symptoms consistent with COVID-19, and if tests for other causes of illness such as other respiratory illness are negative. If we still suspect COVID-19, or if your symptoms worsen, we will recommend a re-testing. Regardless of your test results, we are committed to providing you with follow-up care, to help treat your symptoms.*

*We are here to help – please contact our practice for any additional questions or concerns!*

***224.601.5001***

Helpful information Links:

1. CDC Quarantine and Isolation recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
2. Patient Fact Sheet for Patient for Fosun COVID-19 RT-PCR Detection Kit: https://www.fda.gov/media/137119/download