

*I have discussed the management of interpretation of the test with patient. We reviewed treatment options which include: Symptom management at this time. May use Tylenol or Motrin as needed for symptoms. May try over-the-counter cough and cold medication as needed.
If still not feeling good in 3-5 days please follow-up with the office and schedule a telemedicine.*

Instructions

At this time the corona virus test takes 1-3 days to get results. We are asking you to self-quarantine until further notice. This also includes your close contacts such as the people you live with.

1. Stay home from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately. If you start to have shortness of breath, difficulties breathing, or chest pain please go to the ED for further evaluation. Please let us know if anyone in your house also becomes ill.
3. Get rest and stay hydrated.
4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.
5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
6. Cover your cough and sneezes.
7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding
10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

You may want to also add:

Multi-Vitamin Daily
Vitamin B 12 1,000 mg twice a day
Vitamin D 1,000 mg twice a day
Vitamin C 1,000 mg daily
Zinc 50 mg twice a day with food

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