



### COVID Testing, Quarantine and Treatment Handout

#### Testing:

At Sunrise Family Care Clinic, we use Quest Diagnostics for our laboratory services. The 'Active Infection Swab Test' is performed on patients who are experiencing symptoms of Covid-19 or who have been exposed to the virus within the last 5 or more days. A small nasal swab is used to collect a specimen from the back of the nose (Deep in the nasal passageway)

**It takes 3-5 days to get the Covid-19 (SARS-CoV-2) results from Quest.**

#### Obtaining Your Results:

- 1. We will call you with your Quest lab results as soon as the results become available during regular clinic hours.
- 2. Call Quest diagnostics (always open including weekends and holidays)

Dial: 1-866-697-8378 and follow the 'patient' prompts on the phone. You will only need your name, birthdate and phone number to get your results.

- 3. Go to [questdiagnostics.com](http://questdiagnostics.com) website.
  - Click on "For Patients".
  - Click on "See Your Results".
  - Create an account and follow prompts to view your results.

#### Other Local Testing Sites:

A few other local Covid-19 testing sites that offer testing services that can usually give patient's their results quickly are listed below.

Check online at WI DHS Testing (<https://www.dhs.wisconsin.gov/covid-19/testing.htm> ) for other testing options.

Most sites will require a phone call or on-line form to be filled out before you can be tested.

- **Prevea Health** at 2509 County Hwy I, Chippewa Falls.

- o Go to [myprevea.com](http://myprevea.com) website.

- o Sign in. Create New User Account if you do not have an account.

- o Take the Covid pre-assessment and schedule an appointment online.

- o Results 2-7 days

- **Mayo Clinic** testing site at 2712 Stein Blvd., Eau Claire

- o Go to MCHS Eau Claire Covid Testing website

- o Select 'Take Self Assessment'.

- o Call 1-507-293-9525 to make an appointment to be tested.

- o Results available in 12- 48 hours at 1-877-838-2050

- **Marshfield Clinic** Bauman Building at 1128 Oak Ridge Dr., Eau Claire

- o Online: Eau Claire Marshfield Medical Center – Marshfield Clinic website

- o Call Nurse Hotline 1-844-342-6276

- o Results 12-72 hours.

**Key Steps to Take While Waiting for Your Covid-19 Test Result:**

- o **Stay home and monitor your health to protect your friends, family, and others from possibly getting Covid-19 from you.**

- o If possible, self-quarantine (stay away from others).

- o **Monitor for the development or worsening of Covid-19 symptoms:**

Fever

Shortness of breath

Sore throat

Cough

New loss of taste or smell

Headache

Extreme fatigue

Congestion or runny nose

Nausea, vomiting or diarrhea

## How long should patients be isolated after they are tested for Covid-19?

- **Patients with symptoms but no known or suspected exposure to someone who is positive for Covid-19**

Stay home and stay away from others while waiting for test results.

- **If Covid-19 is negative**

- o Prolonged isolation is not required; cautiously return to normal activities as you could be incubating an infection or be exposed and develop Covid-19 in the future.

- o Continue to be mindful of Covid-19 signs and symptoms, practice good hand and oral hygiene, social distancing and wearing a mask in public.

- **Patients with symptoms and who have had significant exposure to a positive Covid-19 case or have traveled to an area with high transmission rate.**

- o Testing for Covid-19 is recommended.

- o Isolation is recommended for at least 14 days after the last exposure even if Covid-19 test is negative.

- **For patients who have no Symptoms of Covid-19 but have had significant exposure to someone who has tested positive for Covid-19:**

- o Self-quarantine 14 days after the last time you were in close contact or shared an indoor living environment with a person with confirmed Covid-19. For people living in the same home, Day 1 of your quarantine would be the day after the case-patient is free of fever without the use of fever-reducing medications, productive cough, and other acute symptoms of respiratory infection.

## What do I do if the Covid-19 Test is Positive?

- First, do not panic. While Covid-19 may be scary and no one likes to be sick, most people who become infected with it do not need to be hospitalized and recover well at home.

- **Contact your doctor or healthcare provider** and seek medical attention immediately if you have any of the following symptoms:

Persistent chest pain or pressure

New confusion

Blue coloring of your lips or face

Extreme sleepiness or difficulty waking

Oxygen saturation of 94% or less

(you can ask us at Sunrise Clinic if we have a pulse oximeter we can loan you to to check your oxygen)

- **Hydration is KEY:** Drink plenty of water. It is very important to hydrate with other fluids containing electrolytes like Gatorade or Pedialyte. You may also eat popsicles or drink caffeine-free sodas like 7-Up or ginger ale. Decaffeinated tea with lemon and honey can soothe and help a cough.
- **Wash your hands well and often:** Frequently wash your hands well for 20 seconds with soap and water. Or you may rub hand sanitizer into your hands for 20 seconds (happy birthday sang twice or time your favorite song).
- **Consider the use of Vitamins:** it is recommended they are taken with food o Vitamin D3 2,000 IU every day o Vitamin C 1,000 mg every day. o Zinc 50 mg per day. (Or Zinc 25mg every 12 hours with meals if your stomach becomes upset.)
- **Think about people you have recently been around.** If you are diagnosed with Covid19, you may want to let people you have been in close contact with know that you have this virus. A public health worker may call you to check on your health, discuss who you have been around, and ask where you been while you may have been able to spread Covid-19. Discussions with health department staff are confidential.
- **Practice good oral hygiene:** To decrease the viral load in your mouth, brush your teeth and use mouthwash at least twice a day.
- **Exercise your lungs:** Once an hour, while you are awake, it is very important to exercise your lungs to decrease the risk of secondary lung infections like pneumonia. It is very important for you to do coughing and deep breathing exercises. Take multiple slow deep breaths in and slowly blow the air out through pursed lips. Another fun way to exercise your lungs is to sing your favorite song loudly every hour.
- **Treat your fever and joint aches:** Try Tylenol (acetaminophen) first. Ibuprofen, Motrin, or Aleve, may also be used. It is important to keep track of when you use these medications so you take the correct amount and do not over or under dose. Treat your aches so you can stay moving – this helps to exercise your lungs and lessens the chance of blood clots.
- **Sleep: Get plenty of rest and sleep.** Covid -19 positive patients should try to sleep on their side or stomach if possible.
- **If you or the patient is using a nebulizer at the home:** The nebulizer should be used in their quarantine area with the door shut. When possible, open a window for at least 15 minutes after the nebulizer is finished. Only the person with Covid-19 should be in the room where the nebulizer is on and during that 15 minutes of decontamination/aeration afterwards. The virus can aerosolize and spread easily to others this way.

- **Cleaning:** Regularly clean surfaces of frequently touched items (door knobs, remote controls, light switches etc.) preferably with a disinfectant since this virus can linger on surfaces.

**People who are living with a patient with Covid-19 or who are highly suspicious for Covid-19:**

- It is best for Covid-19 patient to be isolated, if possible.
  - o Stay in a designated room or section of the home if possible.
  - o Use a separate, designated bathroom.
  - o If you or the patient needs to leave your designated space, you/they should wear a mask and wash hands for 20 seconds with soap and water or with an alcohol based hand sanitizer.
  - o Food should be eaten in the designated space away from others. When possible, use paper plates and plastic silverware or have the patient wash their own dishes.
- People living with a patient who has Covid-19 should practice great hand washing and stay at least 6 feet away from the patient. They may also take the vitamins recommended above to support their immune system.

**When can I discontinue isolation related to coronavirus disease?**

**Patients with positive COVID-19 test who are recovering at home:** (non-hospital) setting, isolation may be discontinued when **BOTH** of the following criteria have been met:

1. It has been at least 14 days since the day the patient first experienced symptoms.
2. The patient is free of fever without the use of fever-reducing medications, and does not have a productive cough and other acute symptoms of respiratory infection for at least 72 hours.

### **Other comfort and immune boosting treatments:**

- **Warm rice pack** or heating pad over the back or flank area (over the kidney area)

- **Essential Oils**

- o Medieval Mix\* and First Response\* from aura cacia are excellent.

- o Defender \* from Simply Earth is very helpful

- o Lemongrass\* mixed with grapefruit\* will help keep people healthy and motivated.

- o “Breathe” from Doterra is great and can be ordered online from Amazon.

- o Lemon\* Orange\* and Grapefruit\*: These are always good to have this time of year. Add a drop to your drinking water to diffuse for immune boosting and mood lifting

- o Angelica\*, thyme\*, eucalyptus\* and balsam fir\* are also great to have on hand as they are anti-viral and immune boosting. These may be mixed with orange\* , lime\* or any of the citrus \* essential oils to create a great anti-viral and healing scent.

- o Cinnamon\*, cloves\*, balsam fir\*, eucalyptus\*, and vanilla\* create warmer scents;

\* Essential Oils available at Sunrise Family Care Clinic.

### **Resources:**

Sunrise Clinic Phone number: 715-726-3096

<https://www.cdc.gov/> Centers for Disease Control and Prevention

<https://www.dhs.wisconsin.gov> : Wisconsin Department of Health Services