

What to Know About Your Test

TEST RESULTS:

Your results may take up to 10 days but you will be notified by your provider when available. Please self-isolate until you have received your results.

Approximately 80% of lowans infected with COVID-19, will experience only a mild to moderate illness.

Stay home and isolate from others in the house until:

You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

AND

other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

at least 7 days have passed since your symptoms first appeared.

If you think you may need health care, call 563-252-1121 first.

How to Self-Isolate

Advice for patients with and without symptoms of infection, who are isolating themselves due to potential exposure to novel coronavirus (COVID-19). These actions will help to protect others inside and outside of your home from infection.

ISOLATE Yourself



Stay in your home, do not go to work, school or other public areas



Use **separate facilities**. If sharing, these should be cleaned before use by others



Have food, medication and other supplies **delivered to you**



Separate yourself from others in your home



Do not have visitors in your home or accommodation

PREVENT the Spread of Infection



Cover coughs and sneezes with a tissue



Place tissue in the **trash**



Wash your hands with **soap and water**



Use **separate household items** like towels, bedding, toothbrushes, cups and dishes

Wash hands with soap and water:



Before cooking and eating



After using the toilet



Get plenty of rest until you feel better



Drink enough fluids so that you pass urine regularly



Take acetaminophen as advised, to reduce pain and fever

For everyone in self-isolation:



Keep in contact with friends and family by phone, video and online



Carry on hobbies and interests within your home if you are able to



Take regular exercise within your home if able

Seek help if you develop symptoms or existing symptoms get worse (like difficulty breathing) by calling 563-252-1121

Your health care provider will advise you on whether to remain in self-isolation following a negative test result

In an emergency, call 911 and inform the operator about your potential exposure to COVID-19