



STAY IN YOUR HOME UNTIL YOU RECEIVE YOUR RESULTS FROM US

You were tested for COVID today, which means that you are now a Person Under Investigation according to the CDC and Mississippi Department of Health. As such, you are required to be under strict self-quarantine in your home until you hear back from us that your testing has returned. You are personally responsible for not putting others at risk for contracting this infection until you have been cleared to leave your home.

Viral Syndrome and Novel Coronavirus (COVID-19)

What we believe you have:

You have a viral syndrome, which may include symptoms like muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, vomiting or diarrhea. One of the potential viruses you may have is SARS-CoV-2, the virus that causes COVID-19, also known as the novel coronavirus. You may be just as likely to have a different viral infection such as the common cold or flu; however, your symptoms and/or travel/contact history were concerning enough that we performed testing for COVID-19 on you today. Most patients with COVID-19 have mild symptoms and recover on their own. Resting, staying hydrated, and sleeping are typically helpful. As of today's visit, you are well enough to go home and treat your symptoms with oral fluids and medicines for fevers, cough, pain, etc.

Testing for COVID-19:

COVID-19 testing is not performed for most people with mild symptoms. Most COVID-19 patients are treated the same way as other cold viruses: rest and home care. When COVID-19 testing is performed, the results are usually available within 48-72 hours. However, due to limited test supplies, some tests may be sent to different labs where turnaround time is longer.

How to receive results:

You will be contacted by someone at Hattiesburg Clinic or Forrest Health with your results once they are available. Please **DO NOT CONTACT US FOR YOUR RESULTS OF THIS TEST** as this limits our ability to efficiently contact all patients once we have their results. We will reach out to you by phone, Iris, or other means as quickly as possible once your tests results are available.

If the result is **POSITIVE**, you will also be contacted by the Mississippi State Department of Health regarding continuing isolation and follow up.

Please follow the precautions below:

For all patients, while waiting on the results of your test, please follow the precautions below:

- Stay home except to get medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.
- As advised by the Centers for Disease Control and Prevention (CDC), we recommend you stay in your home and minimize contact with others to avoid spreading this infection
- The elderly or anyone with significant medical issues may have more severe symptoms from this infection. We recommend self-isolation for at least 7 days after your first day of symptoms, and several more after that if you are still sick. The most important action is wait for at least a week and several more days after you feel well before returning to your regular activities, work or school. If you become sicker and develop difficulty breathing, chest pain, are unable to eat or drink enough, or have severe vomiting, diarrhea or weakness, you should go to the Emergency Department or contact your clinic provider for re-evaluation
- Separate yourself from other people in your home as much as possible
- As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available
- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.
- Clean all “high-touch” surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.
- Clean your hands often. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a mask or the inside of your elbow
- Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer. Soap and water should be used preferentially if hands are visibly dirty.
- When seeking care at a healthcare facility:
 - Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
 - Put on a facemask before you enter the facility.
 - These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.
 - If possible, put on a facemask before ambulance or paramedics arrive

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Please check www.hattiesburgclinic.com, www.forresthealth.org, and the CDC’s website <https://www.cdc.gov/coronavirus/2019-ncov/faq.html> for ongoing updates in this rapidly-changing situation.