



Androscoggin Valley Hospital
North Country Home Health & Hospice Agency
Upper Connecticut Valley Hospital
Weeks Medical Center

COVID-19 TESTING FREQUENTLY ASKED QUESTIONS

Why am I not being testing for COVID-19?

Access to COVID-19 testing has improved, but is still limited. Testing still potentially exposes the public and healthcare system to contagious cases and consumes limited personal protective equipment (PPE) and testing supplies. Centers for Disease Control (CDC) testing recommendations are listed below.

What are those recommendations?

PRIORITIES FOR COVID-19 TESTING

High Priority

- Hospitalized patients
- Healthcare facility workers, workers in congregate living settings, and first responders **with** symptoms
- Residents in long-term care facilities or congregate living settings, including prisons and shelters, **with** symptoms
- Persons identified through public health cluster and selected contact investigations

Priority

- Persons **with** symptoms of potential COVID-19 infection, including: fever, cough, shortness of breath, chills, muscle pain, new loss of taste or smell, vomiting or diarrhea and/or sore throat
- Persons **without** symptoms who are prioritized by health departments or clinicians, for any reason, including but not limited to: public health monitoring, sentinel surveillance, or screening of other asymptomatic individuals according to state and local plans.

I don't fall into one of the guidelines above. What do I do now?

Patients NOT in one or more of the above groups with mild illness consistent with COVID-19, and who are not in need of medical care, do not need testing. The condition can be managed at home. Important information can be seen at the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

I had close contact with someone who had a confirmed or suspected case of COVID-19, but I don't have any symptoms. What do I do?

- Stay home until 14 days after last exposure and maintain social distance (at least six feet) from others at all times. If the positive patient is a household contact, the 14-day timeframe starts from the last day the person with symptoms is on home-isolation. Close contacts must still quarantine for 14 days even if they are tested and found to be negative for COVID-19 during the quarantine period.
- Self-monitor for symptoms (Check temperature twice a day; Watch for a temperature of 100.4 degrees Fahrenheit or greater)
- Avoid contact with people at higher risk for severe illness (unless they live in the same home and had same exposure)
- Stay out of crowded places
- Follow CDC guidance if symptoms develop

I had close contact with someone who had a confirmed case of COVID-19. I have symptoms. What do I do?

Self-isolate at home until you meet the CDC's "7days/72hours" guidance for discontinuation of home isolation for persons with COVID-19:

- At least seven days have passed *since symptoms first appeared*

AND

- At least 72 hours (3 days) have passed *since recovery* – defined as resolution of a fever without the use of fever-reducing medications **and** improvement in respiratory symptoms

I have symptoms consistent with COVID-19, but I haven't been in contact with anyone who tested positive. What do I do?

If you are having symptoms and have questions, please call your primary care provider. If you don't have a primary care provider, please call 2-1-1 or your local primary care office. As always, if you are experiencing an *emergency* call 9-1-1 or visit your local Emergency Department.

I would like more information. Where should I look?

The CDC has a large amount of up-to-date resources at

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>