

Pediatric Services

**What to do if you are ILL and have been tested for COVID-19:**

You were tested by our office today for Coronavirus, SARS-CoV-2 (COVID-19).

The results are typically available in 3-5 days. Please do not call our office, our staff will contact you when results are available.

You were tested because of symptoms that could be due to COVID-19 (fever, headache, fatigue, body aches, sore throat, runny nose, loss of smell/taste, cough, diarrhea, etc.). While awaiting results follow these instructions:

* Stay at home - Do not go to daycare, school, work or any place outside the home. Isolate for at least 10 days since the illness started AND until fever free for *at least* 3 days without medication AND improvement of other symptoms.
* Stay away from others in your home - Isolate from other household contacts in a separate room as much as possible. Use a separate bathroom, if available.
* Wear a facemask - for everyone when the patient and caregivers are in the same room. Masks should NOT be used on children less than 3 years old, anyone with difficulty breathing, or not able to remove the covering without help.
* Avoid sharing personal household items – food, dishes, drinking glasses, utensils, towels, bedding, etc. These items can be cleaned with soap and water. Also clean frequently touched surfaces such as light switches, door knobs, door handles, toilet handles, faucets, etc.
* Cover your cough and sneeze.
* Wash your hands with soap and water frequently.
* Provide supportive cares for comfort and fever with OTC acetaminophen (or ibuprofen if recommended by health care provider), drink plenty of fluids and get rest as needed.
* Seek immediate care for difficulty breathing, chest pain, confusion, or concerns about dehydration.
* Call our office if you have a fever that lasts 4 days or longer, red lips or tongue, redness of eye, swelling of hands/feet, neurological symptoms, significant joint pain, vomiting, or peeling skin.

**Notify the people you have been in contact with during, or 2-3 days before your illness began:**

* + Household members and other people who have been in contact with you should self-quarantine, stay home and away from others and monitor for symptoms of COVID-19 as noted above**.**
	+ If your test is positive, they should continue quarantine for 14 days after their last contact with you.
	+ If your test is negative, AND they do not feel sick, they do not need to stay in quarantine.

**If your test is POSITIVE for COVID-19:**

* Stay at home – follow the isolation guidelines and other instructions as noted above.
* Notify anyone that you were in contact with during, or 2-3 days before the illness began that you are Positive for COVID-19 and that they should quarantine for 14 days as mentioned above.

**If your test is NEGATIVE for COVID-19 but you had symptoms of COVID-19 without another diagnosis:**

* Stay at home - your test could be a false negative. Isolate for at least 10 days following symptom presentation AND until fever free for *at least* 3 days without medication AND improvement of other symptoms.

Pediatric Services ● 4700 Park Glen Road ● St. Louis Park, MN 55416 ● Phone 952-922-4200 ● www.pspa.md