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Pediatric Services

**What to do if you are NOT-ILL and have been tested for COVID-19:**

You are currently not ill but were tested by our office today for Coronavirus, SARS-CoV-2 (COVID-19) for one of the following reasons:

* Exposure to someone else with confirmed COVID-19.
* Required to be tested for before going to school, daycare, camp, travel or another reason.

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

1. **Exposure to someone else with confirmed COVID-19:**

The CDC defines significant exposure as being within 6 feet or less for 15 or more minutes, of a person with confirmed COVID-19 during or 2-3 days prior the onset of their illness.

* **You should self-quarantine** - stay home and away from others for 14 days after the last day you were exposed to the person with confirmed COVID-19. Monitor for symptoms of COVID-19.

While awaiting results, if you develop any symptoms of COVID-19 (fever, headache, fatigue, body aches, sore throat, runny nose, loss of smell/taste, cough, diarrhea, etc.) 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 ill 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 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 the 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 noted above.
* Notify anyone you 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:**

* Your test could be a false negative – so you should continue to quarantine for 14 days after the last day you were exposed to the person with confirmed COVID-19.
* And you developed symptoms of COVID-19 while awaiting results – your test could be a false negative. Stay home at least 10 days following the onset of your illness AND until fever free for *at least* 3 days without medication AND improvement of other symptoms. Follow the instructions noted above.
* A negative COVID-19 test at one point in time does not mean you will stay negative. You could become ill with COVID-19 and/or test positive at any time

1. **Required testing before going to school, daycare, camp, travel or another reason:**

While waiting for test results it is very important that you self-quarantine from others until going to school, daycare, camp, travel, etc. so that you don’t get exposed to COVID-19 between the time when you were tested and when you go.

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

* Stay at home – follow the isolation guidelines noted above.
* Notify anyone you 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:**

* You may to go school, daycare, camp, travel, etc.
* A negative COVID-19 test at one point in time does not mean you will stay negative. You could become ill with COVID-19 and/or test positive at any time.

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