

# CORONAVIRUS (COVID-19) TESTING AND HOME CARE FOR CHA PATIENTS AND COMMUNITY MEMBERS

## Testing and Home Care:

You are being tested for COVID-19 (coronavirus). This information will help you take care of yourself, your family and any close contacts while you are waiting for results.

## Test Results:

Your results will be available within 5 days after you are tested.

If you have MyChart, the CHA patient portal, you will be able to view your results here. If you do not have an account, please look for an email from CHA with the subject line "Signup information for MyChart." This will allow you to get your test results faster.

**CHA Patients** will receive a call from their Primary Care team with their results.

**Community Members** will receive a call from their Department of Public Health. If you have not received your results after 5 days, you can call the CHA COVID Test Results line at 617-665-1102 and leave a message for a call back.

## Taking care of yourself:

There is no specific treatment for coronavirus at this time. As with other illnesses, the best thing you can do is rest and make sure you drink enough fluids. If you have fever or pain, use Tylenol (acetaminophen) first. If Tylenol is not working you can also use NSAIDs (ibuprofen, naproxen, or other non-steroidal anti-inflammatories) as long as your doctor has not told you to avoid NSAIDs. Please take your other prescribed medicines unless you have been told not to.

**If you have symptoms, please stay home until your test result comes back.** Until you receive your test results, or your symptoms are completely gone, please follow this advice:

- **Staying Home.** Do not leave your house except to get medical care. Do not go to work, school, public places or stores. Do not use public transportation, like the bus or subway. Do not invite friends or family over unless absolutely needed.
- **Seeking Medical Care.** Over the next few days, you may feel better, but there may be days you feel worse. If you begin to feel worse or have any concerns, or if a member of your household develops any symptoms, please call your primary care. In an emergency, always dial 911.
- **Staying Safe.** Stay in one room of the house by yourself. Keep the window open if you can. Use a separate bathroom if you can. Wash your hands frequently with soap and water for at least 20 seconds. Avoid touching your face, mouth, eyes and nose. Cough or sneeze into a tissue.
- **Keeping Things Clean.** Do not share personal items (like brushes) with other people. Do not share kitchen items (dishes, cups, silverware) or towels/bedding with others. Clean any surfaces you touch like doorknobs, bathroom faucets, toilets, phones, lamps and light switches at least once a day.

## Your family and close contacts:

People you live with or work with closely are at risk for COVID-19 if you have it. Your household members should stay home for 14 days from your first day of symptoms. They should not go to work or school. If you were at work or elsewhere while you had symptoms, people you were in close contact with (like sharing an office) should stay home for 14 days too.