

“Stop the Spread” Asymptomatic COVID-19 Testing at Nantucket Cottage Hospital

Discharge Instructions

Date: _____

Today Nantucket Cottage Hospital staff collected a nasal specimen from you for a PCR test to detect the SARS-CoV-2 virus which causes COVID-19. **Since you are asymptomatic and have not been exposed to anyone who is positive for COVID-19, there is no requirement to quarantine or isolate while awaiting your results.** If that is not the case, please contact the hospital or return to the drive-through testing site and describe your symptoms or exposure to NCH staff.

How to obtain your test results: Your test results will be provided through the Mass General Brigham Patient Gateway at patientgateway.massgeneralbrigham.org.

If your test was negative, you probably were not infected at the time your sample was collected. The test does not determine whether you may have had the virus in the past or have contracted it in the days immediately preceding the test. If you develop symptoms at any point after this test is obtained you should be tested again.

If your test was positive, you will be contacted by the infection preventionist at NCH between the hours of 9 a.m. and 5 p.m. to discuss next steps, review any questions you might have regarding treatment, isolation and quarantine for those who may have been exposed, as well as contact tracing. Please do not hesitate to seek treatment prior to receiving a call if necessary and be aware that the results are returned from the lab at all different times of day so there is no specific timeframe in which it will be received by you through the Gateway. If you are unable to access your results, please call 508-825-1000. Please remain in isolation until you are cleared by a clinician. If your symptoms worsen you may need to be seen again at the NCH Drive-Through Evaluation Site or in the Emergency Department. If possible, please call the Emergency Department prior to your arrival at 508-825-8165. In an emergency, please call 911.

Medical record/Release of Information: phone: 617-726-2361 Fax: 617-726-3661.

Whether you test positive or negative for this virus, you should still take preventive measures to protect yourself and others as outlined below:

- **Know how it spreads:**
 - The best way to prevent illness is to avoid being exposed to this virus.
 - The virus is thought to *spread mainly from person-to-person*:
 - Between people who are in close contact with one another (within about 6 feet)
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks
 - These droplets can land in the mouths or noses of people who are nearby or possibly inhaled into the lungs
 - Recent studies show that COVID-19 may be spread by people who are not showing symptoms

- **Wash your hands often:**
 - Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
 - If soap and water are not readily available, use a hand sanitizer that contains *at least 60% alcohol*. Cover all surfaces of your hands and rub them together until they feel dry.
 - Avoid touching your eyes, nose and mouth with unwashed hands.
- **Avoid close contact:**
 - Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
 - Put distance between yourself and other people outside of your home- remember that some people without symptoms may be able to spread the virus.
 - Stay at least 6 feet (about 2 arms' length) from other people
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keeping distance from others is especially important for *people who are higher risk of getting very sick*.
- **Cover your mouth and nose with a cloth face cover when around others:**
 - You could spread COVID-19 to others even if you do not feel sick.
 - Everyone should wear a cloth face cover when they go out in public (for example to the grocery store or to pick up other necessities)
 - Cloth face coverings should not be placed on young children under the age of 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance
 - The cloth face cover is meant to protect other people in case you were infected.
 - Continue to keep about 6 feet between yourself and others- *the cloth face cover is not a substitute for social distancing*.
- **Cover coughs and sneezes:**
 - If you are in a private setting and do not have your cloth face covering on, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
 - Throw used tissues in the trash.
 - Immediately wash your hands with soap and water for at least 20 seconds. Again, if soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- **Clean and disinfect:**
 - Clean and disinfect frequently touch surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
 - If surfaces are visibly dirty, clean them. Use detergent or soap and water prior to disinfection. Then, use a household disinfectant. Most common EPA-registered household disinfectants work.
- **Monitor your health:**
 - Be alert for symptoms. Watch for fever, cough, shortness of breath, body aches, sore throat, loss of smell or other concerning findings/symptoms of COVID-19.
 - It is especially important not to go to work or out in public if you have symptoms of illness.