



Discharge Instructions

Date: _____

You were evaluated today at the NCH Drive-Through site.

The following tests were obtained:

1. Covid-19
2. Influenza
3. Throat culture
4. Tick related disease
5. You did not meet criteria for testing today

IF YOU HAVE SYMPTOMS, you should remain in isolation until your test results are available. If your symptoms persist, you may need to schedule a virtual appointment with the Nantucket Cottage Medical Group clinic by calling 508-825-1000.

IF YOU HAVE BEEN EXPOSED* to a person with COVID-19, you must quarantine for 14 days since the date of last exposure, regardless of your test result.

HOW AND WHEN WILL I GET MY TEST RESULT? Results for COVID-19 tests are generally returned within 24 to 48. You will receive a notification by e-mail and the results can be viewed in the Mass General Brigham Patient Gateway. To obtain your test, please log on to your Mass General Brigham Patient Gateway at <https://patientgateway.massgeneralbrigham.org/>. If you do not currently have access to the Gateway, please use the following link to set up your access: <https://nantuckethospital.org/patient-portal/>. Medical record/Release of Information:

Phone: 617-726-2361

Fax: 617-726-3661

IF YOUR COVID-19 TEST IS 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.



NANTUCKET
COTTAGE HOSPITAL
MASSACHUSETTS GENERAL HOSPITAL AFFILIATE

IF YOU HAVE TESTED POSITIVE FOR ANY OTHER CONDITIONS you will be contacted by a healthcare worker.

Please return home and follow these guidelines to prevent the spread of COVID-19 infection and to manage your symptoms. Be sure to isolate yourself from others until your COVID-19 test result is confirmed to be negative.

Sincerely,

Diane Pearl, MD

An exposure, or close contact, is defined as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Individual exposures added together over a 24-hour period (e.g. three 5-minute exposures for a total of 15 minutes).



NCH COVID-19 GUIDELINES

- **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 two 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 troubling 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, clear your hands with a hand sanitizer that contains *at least 60% alcohol.*
- **Clean and disinfect:**
 - Clean and disinfect frequently touched 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 sense of smell/taste or other concerning findings/symptoms of COVID-19.
 - Especially important not to go to work or out in public if you have symptoms of illness.



COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.





COVID-19: Diferencia entre cuarentena y aislamiento

La **CUARENTENA** mantiene a la persona que ha estado en contacto cercano con alguien que tiene COVID-19 lejos de los demás.



Si usted ha tenido contacto cercano con una persona que tiene COVID-19



- Quédese en casa hasta que hayan pasado 14 días desde su último contacto.



- Tómese la temperatura dos veces por día y esté atento a los síntomas del COVID-19.



- Si es posible, manténgase lejos de las personas que tengan un mayor riesgo de enfermarse gravemente con el COVID-19.

El **AISLAMIENTO** mantiene a la persona que está enferma, o que dio positivo en la prueba del COVID-19 sin tener síntomas, lejos de los demás, incluso en su propia casa.



Si está enfermo y piensa o sabe que tiene COVID-19



- Quédese en casa hasta que haya estado
 - 3 días sin fiebre
 - los síntomas hayan mejorado y
 - hayan pasado 10 días desde el inicio de los síntomas.



Si dio positivo en la prueba del COVID-19, pero no tiene síntomas



- Quédese en casa hasta que
 - hayan pasado 10 días desde que se hizo la prueba que le dio positivo.



Si vive con otras personas, quédese en una "habitación para el enfermo" o un área específica y lejos de otras personas o de animales, incluidas las mascotas. Use un baño aparte, de ser posible.

