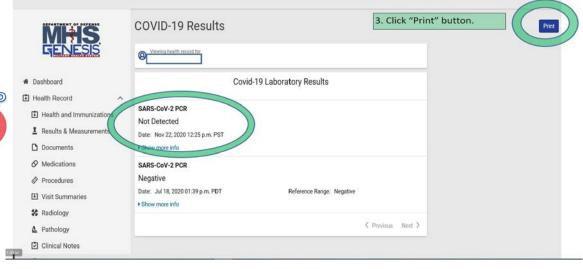
STEP 1: On the MHS GENESIS Patient Portal Home Screen, Click on the drop-down arrow next to "Health Record" on the left side of screen.



STEP 2: Now that the Left hand side drop-down menu is displayed, Click on sublink labeled, "Covid-19 Results".



Step 3: Your COVID-19 (SARS-CoV-2 PCR) results will be displayed as soon as they are updated in MHS GENESIS. (Click on "Print" button if you need a hardcopy.)







## **COVID-19: What Should You Do After Being Tested & Awaiting Results?**

Test results for COVID-19 can take 3-7 days to come in, if not sooner. Awaiting results can be stressful. Until you hear back from your provider, be prepared to take precautions, like isolation and monitoring your health to help #Stopthespread

## If you have symptoms of COVID-19 or have had a known exposure:

- -Isolation: while waiting for the results of your test, you and your household contacts should stay at home.
- -Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available.
- -Household members can consider staying in a separate location, if available, to decrease their risk of exposure.

# If you test **POSITIVE** for COVID-19

#### TAKE STEPS TO HELP PREVENT THE SPREAD OF COVID-19



#### STAY HOME.

Do not leave your home, except to get medical care. Do not visit public areas.



#### STAY IN TOUCH WITH YOUR PROVIDER.



The MHS GENESIS Patient Portal Allows secure messaging with your **FENESIS** healthcare team 24/7, request

telehealth or virtual appointments, view lab results, visit notes and more.



#### **GET REST AND STAY HYDRATED.**

Take over-the-counter medicines, such as acetaminophen, to help you feel better.



## The Puget Sound Military Appointment Center: 1-800-404-4506

#### SEPARATE YOURSELF FROM OTHER PEOPLE.

As much as possible, stay in a specific room and away from other people and pets in your home.

# If you test **NEGATIVE** for COVID-19

- You probably were not infected at the time your sample was collected.
- However, that does not mean you will not get sick.
- It is possible that you were very early in your infection when your sample was collected and that you could test positive later.
- · Continue to practice social distancing, wear a mask, and practice routine hand-hygeine.

A negative test result does not mean you won't get sick later.

JBLMCOVID-19 Hotline at 253-967-3831



Sometimes, you may not be sure about symptoms and may have questions. You can always call the MHS Nurse Advice Line 24/7 at no-cost to speak with a Registered Nurse.



