

COVID-19 Screening – What do I do now?

Bottom line up front:

- Stay at home until you receive your results.
- If your test is positive, isolate at home as per the instructions below.
- A phone call will be attempted if you test positive. Please be sure to keep your phone nearby. Your results will also be in the MHS Genesis Patient Portal within 24 hours.
- For information or access the Patient Portal, visit: www.madigan.tricare.mil/mhsgenesis
- Seek medical care if you experience any trouble breathing or chest pain/pressure.

Now that I have obtained my test, what do I do now while I wait for my results?

- Go home and self-isolate while you wait for your results to post on the Patient Portal.
- Separate from others, stay in a specific “sick room” or area, and use a separate bathroom (if available).
- The best way to get your results is via the Patient Portal on MHS Genesis. Utilize your DS Logon and be sure to see the handout you were provided today for instructions. A positive result may also be listed as “abnormal” on this system.

How long do I isolate for if my test is positive?

- If your test is positive, ensure that you isolate for a 5 day period.
- Day 0 is your full first day of symptoms. Day 1 is the first full day *after* your symptoms developed.
- If you test positive for COVID-19 and never develop symptoms, day 0 is the day of your positive test (based on the date you were tested) and day 1 is the first full day *after* your positive test.
- Stay in a separate room from other household members, if possible. Don't share personal household items. Ventilate your space as much as you can.

Is there anything I should watch out for while I am in my 5-day isolation?

- Continue to monitor your symptoms and be sure to seek medical attention for any trouble breathing, persistent chest pain/pressure or confusion.

How do I know it is OK to come out of isolation?

- You may leave isolation after 5 days if you are no longer having symptoms or if you have no fever for more than 24 hours (and any remaining symptoms are resolving).
- **It is imperative that you utilize a well-fitting mask for an additional 5 days after leaving isolation when around others.**
- If fever, shortness of breath, or severe fatigue starts or continues, you must stay in isolation until these symptoms resolve.
- A negative test is not required to discontinue isolation.
- A re-test within 90 days is **not** recommended. Additional quarantine is also not necessary during this 90-day period in the event of subsequent close contact with COVID (as long as you remain symptom-free). If you develop symptoms during this 90 day period, we do recommend that you self-isolate and be evaluated by a health care provider to determine if you have been re-infected with the virus that causes COVID-19.

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Who needs to know about my positive test? What is a close contact anyway?

- A close contact is defined as someone who was within 6 feet of you for a cumulative total of 15 minutes or more over a 24-hour period.
- How far back should you go? All close contacts who were near you 2 days before your illness onset need to be notified (irrespective of mask use).

If my test is positive, do my close contacts need to go into quarantine?

- Your close contacts may need to quarantine for a 5 day period. This decision is based off of their vaccination status.
- A quarantine is to be completed if your close contacts are unvaccinated.
- If they completed their Pfizer or Moderna vaccine series over 6 months ago (or completed the J&J vaccine over 2 months ago) and have not received a booster dose, they are also advised to quarantine for 5 days.
- If no symptoms develop, your close contacts may end their quarantine period after 5 days.
- They must wear a mask around others for 10 days since the exposure, though.
- Your close contacts who have completed their Pfizer or Moderna vaccine series within the last 6 months (or completed the J&J vaccine within the last 2 months) don't need to quarantine.
- Those who have received their booster vaccine dose also do not need to quarantine.
- If symptoms develop, your close contacts should get a test and stay home while awaiting results.

What is the difference between *isolation* and *quarantine*?

- Isolation separates sick people with a contagious disease from people who are not sick.
- Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

What do I do if my test is negative?

- If your test is negative today and you remain without symptoms or are improving, you have no restrictions.
- If your test is negative, but you are not improving, please consider re-testing/contacting your healthcare provider.

Should I get a booster dose?

- Vaccination is still the best defense against COVID-19, especially against severe disease. Everyone 12 and over is eligible for a booster, and children 5 and over should start their two-dose series.