If you suspect you have COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

**CLEAN YOUR HANDS OFTEN**
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

**CLEAN ALL “HIGH-TOUCH” SURFACES EVERY DAY**
High-touch surfaces include counters, tabletops, door knobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

**MONITOR YOUR SYMPTOMS**
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your health care provider and tell them that you have, or are being evaluated for, COVID-19. Put on a face mask before you enter the facility. These steps will help the health care provider’s office keep other people in the office or waiting room from getting infected or exposed.

Ask your health care provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a face mask before emergency medical services arrive.

**DISCONTINUING HOME ISOLATION**
Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with health care providers and state and local health departments.

**STAY HOME EXCEPT TO GET MEDICAL CARE**
You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

**SEPARATE YOURSELF FROM OTHER PEOPLE AND ANIMALS IN YOUR HOME**

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. Visit CDC.gov for more information.

**CALL AHEAD BEFORE VISITING YOUR DOCTOR**
If you have a medical appointment, call the health care provider and tell them you have symptoms of COVID-19. This will help the health care provider’s office take steps to keep other people from getting infected or exposed.

**WEAR A FACE MASK**
You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a health care provider’s office. If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

**COVER YOUR COUGHS AND SNEEZES**
Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

**AVOID SHARING PERSONAL HOUSEHOLD ITEMS**
You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
CONVENIENT DRIVE-THRU TESTING

UT Physicians offers a convenient service that allows our providers to test you while you are in your vehicle. It’s quick, easy and available to anyone who has an order from a health care provider (physician, nurse practitioner, etc.). To view the current testing site locations, go to [UTPhysicians.com/COVID19Testing](http://UTPhysicians.com/COVID19Testing) or call 713-486-C019(2619) to schedule an appointment. Test results may take up to five days.

WHERE TO GET YOUR COVID-19 TEST RESULTS

If your order is from a provider with UT Physicians: Call your health care provider who ordered the test, or visit the MyUTP Patient Portal for results.

If your order is NOT from UT Physicians: Contact your health care provider’s office directly to obtain your test results. UT Physicians will not receive your test results. We are simply administering the testing.

COVID-19 TESTING FREQUENTLY ASKED QUESTIONS

How are you going to be tested for COVID-19?

We will obtain a sample with a nasal swab.

What are nasal swabs?

A nasal swab is a test to check for upper respiratory infections.

What exactly is the provider going to do?

We will place a cotton swab inside your nose to reach the nasopharynx, (which is the part of the pharynx that covers the roof of the mouth).

The swab will be sent to a lab and studied to see if the virus that causes COVID-19 is present.

After your test, you may notice that your nose feels slightly irritated or it may even bleed. Your doctor should have your test results within 5 days.

How long will this procedure take?

The sample collection is fast and should only last a few seconds.

What are the risks for having a nasal swab?

The risks are minimal. You may gag a little during the test. You may also feel slightly uncomfortable, but you shouldn’t feel any pain. You may have a minor nosebleed afterwards.

How do I prepare for a nasal swab and culture test?

You don’t need to do anything different to prepare for this test. Follow the instructions given by your provider when taking the sample.

WHAT TO DO WHILE YOU ARE WAITING FOR TEST RESULTS

Test results may take up to five days. While you are waiting, it’s important to stay isolated and follow tips on the other side of this flier to help prevent the spread of possible infection.

For more information:
UTPhysicians.com/COVID19Testing