



## FAMILY HEALTH NETWORK of Central New York, Inc.

Most COVID -19 patients have mild viral symptoms and recover with basic care. As of today's visit, you are well enough to go home and treat your symptoms with oral fluids, medicines for fever, cough, pain, etc. **Once you are tested, it is strongly recommended to self-isolate**, as directed by the Health Department. It is essential for your well-being and the well-being of others that you stay at home until instructed otherwise by a healthcare provider.

Since you have symptoms associated with COVID-19, it is recommended to limit exposure to others in your household, restrict activities outside of your home (including work, school, public places or social gatherings), except for getting medical care. If you become sicker, specifically difficulty breathing, unable to keep fluids down, severe vomiting, diarrhea or weakness please contact our office for re-evaluation.

Once you have been tested, it is strongly recommended that everyone in your household quarantine until you have been notified of results and given further instruction.

### **Important points:**

Your test results should be complete within 2-6 days.

If your test is negative, we will notify you and provide further instruction.

If your test is negative, but you have been directed by the Health Department to quarantine, remain in quarantine until released by the Health Department.

If your test is positive, remain in self-isolation and expect a phone call from the health department for further instructions.

In an effort to prevent the spread of viruses you must:

- Wash your hands often
- Avoid sharing personal items
- Cover your cough
- Avoid close contact with others
- Clean and disinfect surfaces
- Avoid touching your face
- Attempt to separate yourself from others in your household (sleeping in a separate bedroom)
- Not allow visitors or non-household individuals to enter your home during isolation

**Please comply with the recommended isolation instructions for the sake of your loved ones and others.**