

Your provider has referred you to Beth Israel Deaconess Hospital–Needham (BID Needham) for a COVID-19 test

Today, you received a swab test; results from this test will be shared with your provider in 2 - 5 days. Your provider will contact you with the test results. If you are experiencing a progression of symptoms, such as difficulty breathing, please contact your provider. If you are experiencing a medical emergency, please dial 9*1*1 or go to the nearest emergency room. Please visit www.bidneedham.org/covid for more information about COVID-19, including steps for confirmed cases and Frequently Asked Questions.

Recommended Precautions for Patients:

Stay home unless you have worsening symptoms and require 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. Remain on home isolation for the duration recommended by your healthcare provider and local health department.

Seek prompt medical attention if your symptoms worsen (e.g., difficulty breathing)

Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19:

- If possible, put on a facemask before you enter any healthcare facility. Any testing location (i.e. medical imaging or getting blood drawn) is also considered to be a healthcare facility.
- 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.
- Before a scheduled medical appointment, call the healthcare provider and tell them you have or may have COVID-19. This will help the healthcare provider's office take appropriate precautions to prevent exposure to others.

Separate yourself from others in your home

- **People:** As much as possible, stay in one designated room and use a separate bathroom away from other people in your home.
- **Animals:** Because it is unknown if pets can transmit the virus, restrict contact with pets and other animals. If you need to have contact with pets, wash your hands before and after the interaction and wear a facemask.

Patient Label

"You can view your own test results by signing up for our MySite patient portal at mysite.bidh.org or using the "Meditech MHealth" mobile app. To sign up, you will need the medical record number on your label and the email address you registered with. Call 617-313-1278 with any technical issues."

Clean your hands often

- Wash your hands with soap and water for at least 20 seconds. Soap and water should be used instead of sanitizer if your hands are visibly dirty.
- Alternatively, use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Cover your mouth and nose when you cough or sneeze:

Cover your mouth and nose with a tissue or into the inside of your elbow when you cough or sneeze. Throw used tissues in a lined trash can and immediately wash your hands.

Wear a facemask

You should wear a facemask (surgical) if you must be around people at home, or leave for medical evaluation during the home isolation period. Utilize food delivery or reach out to your local health department if you need assistance in getting groceries. If you are not able to wear a facemask (e.g., because it causes trouble breathing), 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. Use of N95 respirators is not recommended!

Avoid sharing personal household items

Avoid sharing 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.

Clean all "high-touch" surfaces everyday

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. First, use a regular household cleaning soap or detergent. Then use a household disinfectant containing 0.5% sodium hypochlorite (i.e., equivalent to 5000 ppm or 1 part bleach to 9 parts water). Refer to product instructions, use gloves if directed, and ensure adequate ventilation when cleaning.