Coronavirus (COVID-19):

I have been tested, now what?

Thank you for trusting UPMC with your care. We want to safely provide the highest quality of care to you and the community through this difficult time.

What is Coronavirus disease (COVID-19)?

The Coronavirus disease (COVID-19) is caused by a virus known as the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It can cause fever, cough, and trouble breathing, like the common cold or influenza. In severe cases, COVID-19 patients can develop pneumonia, an infection involving the lungs.

Should I be tested?

Your care provider reviewed both your symptoms and your specific risk for having the COVID-19 virus. **Using the latest direction from the Centers for Disease Control (CDC)** and **after talking to the experts** at the UPMC Pinnacle Infection Prevention Program, **your current medical condition requires testing for SARS-CoV2, the virus that causes COVID-19.**

What to do while I am waiting for results?

Once you are home, you should stay at home until you get your results. If you test positive, you will receive a phone call from UPMC, the local health department, or the PA Department of Health to review the results and the next steps you will need to take. **The call may take up to 7 days. Please do not call the hospital to get the test results.**

Call 911 anytime you think you may need emergency care. For example, call if:

- You passed out (lost consciousness).
- You have severe trouble breathing.
- You have sudden chest pain, shortness of breath, or you cough up blood.

What should I do about my symptoms?

There is no medicine to treat the virus. Continue to take your usual medicines and any others that your doctor ordered for you while you are not feeling well. Treat symptoms such as a fever or cough as your doctor recommends.

Specific recommendations:
- Take acetaminophen (Tylenol, others) or ibuprofen (Advil, others) for fever and aches.
- Drink plenty of fluids, such as water, sports drinks, or soups
- Get plenty of rest

What can I do to keep my family healthy?

- Your doctor or public health officials will tell you how long you need to be in isolation at home. This is based on how sick you are, symptoms such as a cough, fever, and shortness of breath, and results of laboratory testing if ordered.
- **Stay at home and away from others** as much as possible until your fever goes away without taking medicine
- Cover your mouth with a tissue when you cough or sneeze. Throw the tissue away right after use. If you inadvertently cover with your hand, wash it immediately for 20 seconds with warm, soapy water.
- **Wash your hands often** – you can't do it too much!
- Use a disinfectant to clean things that you touch often.
- Don't share any food, drink, eating or drinking materials with others.

Where can I get the latest information?
These websites contain the most up-to-date information.

- **U.S. Centers for Disease Control and Prevention (CDC)**: www.cdc.gov
- **World Health Organization (WHO)**: WHO www.who.int