

Directions for Individuals Waiting for Test Results

You have been tested for the 2019 Novel Coronavirus disease, also known as COVID-19. If you are infected with COVID-19, you may be contagious from before symptoms started, until after symptoms have ended. Because you are contagious when you are sick, you will need to isolate, meaning separating yourself from healthy individuals to stop the spread of the disease.

When your results are in, you will be contacted by Gunnison Public Health. At this time, results have been taking up to 3-7 days. **We are unable to guarantee results by a certain date as the time frame is dependent on the state lab and amount of test swabs they receive.** We advise you to start contacting people you have been within 6 feet of for over 15 minutes and ask them to begin self-isolating as a cautionary containment measure.

Please make sure we have the best phone number to reach you. If your test result is positive and Public Health is unable to contact you within 24 hours (1 day) of receiving the result, they may contact your employer per Gunnison County Containment Protocols.

This Public Health Isolation Letter (§25-1.5-102(1), C.R.S) instructs you on how to maintain proper isolation until you have met the criteria to be released from quarantine.

Stay home for 10 days from Testing Date

- Choose a location to isolate in your house or apartment and remain there throughout your isolation time. Do not go to school, grocery stores, work (unless you are able to work from home), or any other public places even with a mask and gloves.
 - If you need help getting groceries or medications contact the Senior Transportation Resources at 970-641-7959, even if you are not senior.
- Prior to seeking any medical attention in a clinic, emergency room or hospital, you **must** call and inform them that you have or are being evaluated for COVID-19. This ensures that the clinic can take steps to protect other patients.
- Do not travel by airplane, ship, long-distance bus or train.
- Please notify Public Health before you need to do any other travel.
- Do not travel by public transportation, such as light rail, bus, taxi or Uber.

Separate yourself from other people in your location.

- As much as possible, stay in a specific area away from other people in your home.
- Use a separate bathroom, if available.
- Wear a mask when you are around other people, before you enter a clinic or hospital.
- Visitors to your home should be essential visitors only.

Monitor your symptoms

- Self- monitor your symptoms daily.
- Seek prompt medical attention if your symptoms worsen. Prior to seeking **ANY** medical attention, you must call and notify your healthcare provider that you have or are being evaluated for COVID-19. Wear a mask before you enter the facility.

- If you have questions about your symptoms contact the call Center, Monday – Friday 8am -12pm at (970) 641-7660 they will inform you of precautions you must take to protect against infecting others. If you are unable to reach anyone at the call center, please contact CDPHE at (303) 692-2700 or (303) 370-9395.
- If you have a medical emergency and need to call 911, you must tell dispatch that you have, or may have COVID-19. If possible, put on a mask before emergency medical services arrive.

Practice actions that protect others

- Clean your hands often by washing with soap and water for at least 20 seconds or with alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth, or the outside of your mask.
- Cover your coughs and sneezes.
- Avoid sharing personal household items, like dishes, cups, eating utensils or bedding.
- Clean surfaces every day with regular household cleaning spray or wipes.

Discontinuing home isolation

- If you are positive for COVID-19, isolate at home until 10 days after symptoms began **AND** you are symptom free and off fever reducing medication for 24 hours (1 day).
- If you are negative for COVID-19, isolate at home until 10 days after symptoms began **AND** you are symptom free and off fever reducing medication for 24 hours. (1 day)
- If you have been hospitalized, isolate at home for 10 days after your hospital discharge **AND** you are symptom free and off fever reducing medication for 24 hours (1 day).
- If you have any questions about when you can stop isolating, please contact COVID-19 Call Center at (970) 641-7660, option 7.

If for any reason you do not follow these instructions, public health authorities may issue a Public Health Isolation Order (§25-1-114, C.R.S). When public health orders are not followed, public health agencies can involve law enforcements and the courts.

Antibody Testing NOW AVAILABLE for COVID-19

Testing times are 12 - 4pm Monday to Friday. All tests will be administered at a \$75 cost due at the time of service.

Gunnison Valley Health’s Laboratory will begin COVID-19 Antibody (IgG) testing for the community. This test will help find out if you have antibodies to the virus that causes COVID-19. It is also designed to gather more epidemiological data for our hospital and community.

What are the requirements?

- You did not need to test positive or negative for COVID-19 to participate in the antibody test.
- You must be at least 21 days from potential exposure or symptoms to ensure your body has had the chance to develop antibodies.

How do I get tested?

- Go to the North Entrance at the Hospital to register between **12 - 4pm Monday to Friday**. Do not call as you do not need an appointment or a doctor’s order.
- You will need to wear a mask, hand sanitize, take your temperature and fill out a symptoms form at the Hospital to register for the test.

If applicable, please bring the following information with you:

- Was an Actual PCR Test performed? If yes, provide the date and result.
- Did you participate in the Antibody Clinical Trial? If yes, let the Lab know when you had your blood drawn.

Disclaimer: At this point the scientific community does not know how long antibodies last and if they are protective or

not against getting re-infected with the virus that causes COVID 19. We are testing for the IgG antibodies which historically represent longer term immunity whereas the IgM antibodies would indicate present infection. We are not testing for IgM antibodies at this time.