



What To Do While You Are Waiting For Your COVID-19 Test Results

It is possible you have a virus. This may be COVID-19, or it may be another virus like the common cold. You are currently well enough to go home. We encourage you to rest, drink water, and treat your symptoms with medications for fevers, cough, and other cold symptoms.

Your COVID-19 test results will be available through MyChart. Sign up at: mychart.mountsinai.org

What should I do when I get home?

- You must self-isolate (stay away from other people). Stay home unless you need medical care.
- Do not go to work, school, or public areas. Do not use public transportation, ride sharing, or taxis.
- If possible, stay in one room, away from others in your home. If possible, use a separate bathroom.
- Practice basic hand hygiene.
- Avoid sharing personal household items, such as dishes, towels, and bedding. Wash these items after using them.
- Clean “high touch” surfaces daily. These may include counters, doorknobs, bathroom items, and phones. Clean any surfaces that may have blood, stool, or other bodily fluids on them.

Please be especially careful if there are elderly people in your home, or anyone with serious medical issues. These people may become more seriously sick from this infection. Do not handle pets or other animals while sick.

What should I tell my close contacts?

Anyone who has had close contact with you should call their doctor if they develop symptoms that may be caused by COVID-19. Symptoms may include fever, cough, or shortness of breath.

When can I stop self-isolating?

You can stop self-isolating after these three things have happened:

1. You have not had a fever (your temperature has been less than 100.0° Fahrenheit or 38.0° Celsius) consistently for at least three days (72 hours) without taking fever reducing medications (such as aspirin or acetaminophen)
2. Your respiratory symptoms (breathing issues) are improving
3. At least 10 days have passed since your illness began

When should I call my doctor?

Call your doctor if you start to feel worse (increased congestion, coughing, chest pain, or fevers). Most follow-up visits can be scheduled as a video visit or over the phone. For a video visit, you must have a MyChart account. See the top of this handout for where to sign up.

Seek emergency medical treatment if you have difficulty breathing. If possible, call ahead and let them know you may have COVID-19. If possible, put on a facemask before emergency medical services arrive.

For more information about COVID-19, please scan this QR code:

