

Instructions While Awaiting Results of Testing for COVID-19



If you are being tested for COVID-19. Please self-isolate while you wait to receive the laboratory results from your healthcare provider.

What is self-isolation?

- Avoiding any activities outside your home except for getting necessary medical care
- Avoiding having visitors to keep your household members healthy



How do I prevent people and pets in my household from getting COVID-19?

- If you live with others, self-isolate in a private room and use a private bathroom if possible
- Wear a surgical mask when in general living areas
- Be sure to stay at least 6 feet away from people
- Avoid sharing personal household items, such as dishes, forks/spoons/knives, towels, or bedding. Wash these items thoroughly with soap and water after each use
- Clean frequently touched surfaces, such as counters, doorknobs, toilets, phones, tablets, and keyboards
- Cover your coughs and sneezes with a tissue. Clean hands by practicing good hand hygiene
- Keep limited contact with your pets if you are sick



When can I end self-isolation and leave my home?

Most persons with **MILD** or **MODERATE** COVID-19

- Discontinue isolation 10 days after symptoms have started AND
- No fever for at least 24 hours without use of medications AND
- Improved symptoms

Persons with **SEVERE** or **CRITICAL** COVID-19

- Extended isolation for up to 20 days after symptoms have started AND
- No fever for at least 24 hours without the use of medications AND
- Improved symptoms

Persons **WITHOUT** symptoms and tested positive

- Discontinue isolation after 10 days have passed from first positive test result date

What if I need to visit my doctor while I am waiting for my test results?

➤ Call your doctor first and tell them that you have been tested for COVID-19 and are waiting for results

➤ Wear a facemask when you go out

➤ Walk or take a private car. Do not ride public transportation or use ride-sharing.



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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等待新冠病毒檢測結果期間的注意事項



如果您已接受新冠病毒檢測，並且正在等待醫療保健人員告知檢測結果，請您必須留在家中進行自我隔離。

什麼是自我隔離？



- 除必要的外出就醫外，避免任何外出活動
- 避免訪客以保護家庭成員的健康

如何防止我的家庭成員和寵物感染新冠病毒？

- 如果您與家人同住，請在特地的一個房間內進行自我隔離。
◦ 盡可能使用單獨的洗手間
- 在公共生活區域中，應佩戴口罩
- 確保與他人保持至少6英尺的距離
- 避免共用個人家居物品，例如碗碟、叉子/勺子/刀、毛巾或床上用品。每次使用這些物品後，都要肥皂和水對其進行徹底清洗
- 清潔家中被頻繁接觸的表面，例如檯面、門把手、馬桶、手機、平板電腦和鍵盤
- 咳嗽和打噴嚏時請用紙巾遮掩口鼻，並且正確洗手，保持良好的手部衛生
- 如果生病，請減少與寵物接觸



我何時能結束自我隔離和外出

對於大多數**輕度**或**中度**感染患者：

- 自开始出现症状已过去至少10天，并且
- 在不使用退烧药的情况下已经至少24小时不发烧，并且
- 症状改善

對於**重度**感染患者：

- 自出現症狀後需延長隔離時間長達20天，並且
- 在不使用退烧药的情况下已经至少24小时不发烧，並且
- 症狀改善

對於檢測呈陽性但**未出現症狀**的患者：

- 自第一次檢測呈陽性後已經過去至少10天

假如我在等待檢測結果期間需要看醫生應該怎麼辦？

▶ 提前致電您的醫生，並告知他們您已接受新冠病毒檢測，正在等待結果。

▶ 外出時必須戴上口罩

▶ 請步行或乘私家車。請勿使用公共交通工具或任何拼車服務 (Uber/Lyft)。



要了解我們的醫生集團，
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