

# COVID-19

## WATCH FOR SYMPTOMS

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).

- Fever or Chills
- Fatigue
- Dry Cough
- Sore throat
- Shortness of breath
- GI Symptoms

The most common symptoms of COVID-19 are fever, shortness of breath, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.

## IF YOU BECOME SYMPTOMATIC

- Contact Advanced Urgent Care for testing 386-271-2273
- Stay away from others including family members and household members (Self-isolate)

## WHEN TO SEEK MEDICAL ATTENTION

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



## COVID-19 TESTING REQUIREMENTS

### Who can be tested?

- **Have some symptoms consistent with COVID-19** or
- Over the age of 65 or
- Health care providers or
- Suspected exposure to someone who may have COVID-19
- And accept to sign consent form

## WHY DO WE NEED ANTIBODY TESTS FOR COVID-19

The Rapid IgM/IgG COVID-19 test can indicate if you have ever been infected or if you are an active COVID-19 case. For more information regarding Antibody tests and how to interpret the results, please visit <http://www.diazyme.com/covid-19-antibody-tests>.

## COVID-19 IgG/IgM RAPID TEST FACTS AND LIMITATIONS

The COVID-19 IgG/IgM Rapid Test Cassette is intended to be used in conjunction with other test and/or clinical epidemiological information:

- For the in vitro qualitative detection of IgM and IgG antibodies specific to 2019n-CoV (detected in China in 2019) in whole blood/serum/plasma collected directly from symptomatic patients. The test may cross react with other viruses not tested for.
- For the presumptive identification of viral infections in patients who may be infected with 2019n-CoV (detected in China in 2019) in conjunction with clinical and epidemiological risk factors. The test may cross react with other viruses not tested for. To provide epidemiologic information for surveillance of 2019n-CoV (detected in China in 2019).
- Testing with the COVID-19 IgG/IgM Rapid Test Cassette should only be performed in conjunction with other laboratory approved testing and/or clinical observations for the presumptive identification of viral infections in patients who may be infected with 2019n-CoV (detected in China in 2019).
- NOTE: The USFDA updated their guidance, issued on March 16, 2020, to allow the distribution of this product for diagnostic use in laboratories or by healthcare workers at point-of-care facilities. All test results are presumptive and should be confirmed by an approved molecular assay. A presumptive negative test does not preclude 2019n-CoV infection and should not be used as the sole basis for treatment or other patient management decisions. Conversely, a presumptive positive result does not rule out infections caused by other viruses.
- To provide epidemiologic information for surveillance of 2019n-CoV.

The COVID-19 IgG/IgM Rapid Test is a 10-minute instant point-of-care test device for the qualitative detection of IgG and IgM antibodies specific to COVID-19 in human whole blood, serum or plasma specimens.

**IMPORTANT:** On March 16, 2020, the FDA updated its Policy for Diagnostic Tests for Coronavirus Disease-2019 during the Public Health Emergency. The updates include guidance that allows for serological test that identify antibodies (e.g., IgM, IgG) to SARS-CoV-2 from clinical specimens, like the COVID-19 IgG/IgM Rapid Test, to be used in laboratories or by healthcare workers.

Please note the following information:

- This test has not been reviewed by FDA.
- Negative test results do not rule out SARS-CoV-2 infection, particularly in those who have been in contact with the virus. Follow-up testing with a molecular diagnostic should be considered to rule out infection in these individuals.
- Results from antibody testing should not be used as the sole basis to diagnose or exclude SARS-CoV-2 infection or to inform infection status.



- Positive results may be due to past or present infection with non-SARS-CoV-2 coronavirus strains, such as coronavirus HKU1, NL63, OC43, or 229E.
- This test is not for the screening of donated blood.
- This test is for professional use.

**Diagnostic Test Sensitivity in the Days After Symptom Onset†**

SARS-CoV-2 Test	Days after Symptom Onset		
	1–7	8–14	15–39
RNA by RT-PCR	67%	54%	45%
Total Antibody	38%	90%	100%
IgM	29%	73%	94%
IgG	19%	54%	80%

*Adapted from: Zhao J et al. Antibody responses to SARS-CoV-2 in patients of novel coronavirus disease 2019. Clin Infect Dis. 2020 Mar 28.[29]*

**All COVID-19 testing has limitations and false negatives. Please consult your healthcare provider.**

Per the Center for Disease Control April 9, 2020 *Lab Update: FDA Clarifies CLIA Waived Status for Point of Care SARS-CoV-2 Tests under Emergency Use Authorizations*. The U.S. Food and Drug Administration recently clarified that, when it grants an Emergency Use Authorization for a point of care test, that test is deemed to be CLIA-waived for the duration of the national emergency declaration for COVID-19, such test can be performed in any patient care setting that operates under a CLIA Certificate of Waiver. Advanced Urgent Care CLIA Waiver Certificate #10D1042134.

## **NEGATIVE TEST: INSTRUCTIONS**

### **What if I tested negative for COVID-19 but still feel sick?**

If your Rapid IgM/IgG COVID-19 test is negative, there is a chance that you had recent exposure within the last 7 days and you have not developed antibodies yet. If that is the case, you may still be contagious, but less likely. You should be cautious and still use protective measures.

If you test negative for COVID-19 but still have symptoms and you do not have COVID-19, it is possible that you have another respiratory virus. You should continue to self-isolate yourself from others, practice good hand hygiene and clean and disinfect surfaces in the home. If your symptoms worsen or don't get better after several days, you should call your health care provider or seek medical help.

You should not return to normal activity for 72 hours after your fever has ended without the use of fever-reducing medications and other symptoms have improved. After this time, you may resume regular activities as specified by federal and local governments. Please visit your employer health clinic for specific instruction from your employer.



## What other actions should I take to protect my health?

As long as the virus that causes COVID-19 is spreading in your community, continue to practice social distancing, wash hands often and avoid touching your face, and clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, phones).

## POSITIVE TEST: INSTRUCTIONS

### I tested positive for COVID-19. What should I do now?

If a Rapid IgM/IgG COVID-19 test was used, you should consider undergoing a nasopharyngeal swab for COVID-19 testing, this may help in further confirming your infection (this test also has its limitations).

If you tested positive, you must stay at home and self-isolate. This means stay in a different bedroom from others in your home, and if possible, use a separate bathroom. You must self-isolate for at least 14 days have passed since you had a fever without the use of fever-reducing medications **AND** other symptoms are greatly improved.

If you live with other people and they were not tested, they should keep their distance from you. This includes not eating meals together and not sitting around the house together. Practice social distancing as much as is possible (stay at least 6 feet from each other).

### What should the people who live in my home know/do?

If they are **symptomatic** (sick; have COVID-19 symptoms), they should also **self-isolate** self-isolate for at least 14 days have passed since you had a fever without the use of fever-reducing medications **AND** other symptoms are greatly improved. If the symptoms are mild, they should recover at home. If the symptoms worsen and a medical evaluation is needed, call health care provider.

If they are **asymptomatic** (not sick; have no COVID-19 symptoms), they should **self-quarantine** for 14 days AFTER any sick person in the household's self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above. Symptoms may take 2-14 days to appear. It is important to monitor their health long enough to ensure they do not develop symptoms.

### What is the difference between mild and moderate symptoms?

Mild symptoms are when you feel unwell but can stay home and manage at home. Most people with mild symptoms can recover from home. See above for how long you should stay home/self-isolate.

Moderate symptoms are those where you may need a medical evaluation from your health care provider. If your symptoms worsen over time and do not get better, especially if you have trouble breathing, call your health care provider to determine next steps.

### Should I tell other people that they may have been exposed to the COVID-19 virus?

Those who have been closest to you for a prolonged period of time are going to be at highest risk. Household members and others with whom you spent a prolonged period of time (more than 10 minutes) within 6 feet of you, or shared a meal, would be at increased risk and should be advised to self-quarantine at home for 14 days AFTER your, or any sick household members self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above.

People who you did not spend a prolonged period of time (less than 10 minutes) within 6 feet are at lower risk. This would include people that you may have been in an indoor space for a prolonged period of time. They should monitor their health; no restrictions about where they go with the exception of federal, state and local government imposed. They should wash hands often and practice social distancing. If possible, you should notify individuals above regarding your illness.

People who you may have casually come into contact with (e.g., passed by in the hall, briefly spent time within a room, shared a short elevator ride), are not considered to be at risk and do not need to be contacted.

**TAKE CARE OF YOURSELF**

- Eat well
- Stay hydrated
- Wash your hands often
- Get plenty of rest
- Limit your activities outside of your home
- Maintain a safe distance from others

**TESTING COST AND REIMBURSEMENT**

Advanced Urgent Care will bill insurance plans for which we are a participating provider for your office visit and Rapid IgM/IgG COVID-19 test on your behalf. For those with an insurance plan for which we are not a participating provider, you can contact your health plan for a location for COVID-19 testing that is in your network. You may opt to waive your right to seek testing within your network; however, doing so deems you responsible for payment. Should your plan deem the service as a non-covered service, you are responsible for payment. For those without insurance coverage, out of network services or non-covered services, the office visit with a provider and Rapid IgM/IgG COVID-19 testing is \$79.99. You may submit your receipt to your plan for possible reimbursement if you pay out of pocket.

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