CORONAVIRUS DISEASE - 2019 (COVID-19)
TESTING PERFORMED

THE UNIVERSITY OF TOLEDO MEDICAL CENTER

WHAT TO DO WHILE AWAITING TESTING

- COVID-19 testing was performed. You will be contacted with your test results. Typically, this should take between 2 to 4 days. Please DO NOT contact the Emergency Department for results of this test.
- If you do not have symptoms and have not experienced any recent symptoms you may return to work/school.
- **IF YOU ARE SYMPTOMATIC OR HAVE RECENTLY BEEN SYMPTOMATIC – DO NOT return to work/school and self-isolate until you receive your test results.**

SYMPTOMS AND EXPOSURE

If you have been exposed to someone with COVID-19 or live in an area with widespread community transmission and are experiencing symptoms you might have it too. People with COVID-19 have a wide variety of symptoms. Symptoms may appear 2 to 14 days after exposure. Symptoms may include but are not limited to: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

PRACTICE BASIC PRECAUTIONS

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands thoroughly with an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze and immediately wash your hands with soap and water or clean your hands with an alcohol-based hand sanitizer.

If you have symptoms, develop symptoms, or have had recent symptoms of COVID-19, follow these steps to help prevent the disease from spreading to other people until you receive your results.

- Stay home until you receive your test results. Restrict activities outside your home, except to get medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-shares, or taxis.
- Separate yourself from other people and animals in your home. As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.
- If possible, wear a face mask when you are around others and when entering a healthcare provider's office. If you are not able to wear a face mask, people who live with you should wear a mask if they enter your room.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or slightly opened window, weather permitting.
- Have another member of your household care for your pets. If you must care for your pet, wear a face mask, and wash your hands before and after you interact with them.
- **If your condition worsens, seek medical care.** Call ahead to your healthcare provider or Emergency Room to notify them you may have COVID-19. If possible, put on a facemask before emergency medical services arrive or before arrival at the Emergency Room.

Symptoms of COVID-19 that require immediate care	
• Blue lips or face	• New confusion
• Cold, clammy or pale and blotchy (mottled) skin	• Oxygen saturation less than 93%
• Coughing up blood	• Respiratory rate above 22 breaths per minute
• Difficult to wake up	• Severe pain or pressure in chest
• Heart rate greater than 110 beats per minute	• Severe shortness of breath at rest
• Little or no urine output	

COVID-19 Hotlines operating 24/7:
Michigan Department of Health and Human Services: 1-888-535-6136
Ohio Department of Health: 1-833-4-ASK-ODH (1-833-427-5634)