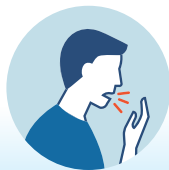# COVID-19 Patient Q&A: What Do I Do?
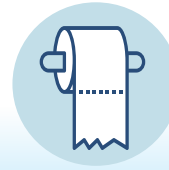
COVID SYMPTOMS

FEVER   COUGH   SORE THROAT   LOSS OF SENSE OF SMELL AND TASTE   NEW ONSET DIARRHEA

COVID Exposure is exposure within 6' of a COVID positive patient and cumulative exposure time of at least 15 minutes within 24 hrs.

I am feeling sick with several COVID-19 symptoms.

1. Call your PCP office and make an appointment. Your provider may do a telemedicine video or telephone visit.
2. If you do not have a PCP, visit one of our Urgent Care Centers.
3. If you have symptoms you will be asked to call from your car upon arrival.

My school aged child was sent home from school for COVID-19 symptoms.

1. Call your child's PCP office. The office may see your child in person or via telemedicine video or telephone visit.
2. If your child does not have a PCP, visit one of our Urgent Care Centers.
3. Depending on your child's medical history:
   a. Your child will need a COVID-19 swab with written test results prior to returning to school. Your child's symptoms will need to be improving AND he/she will have to be fever-free for at least 24 hours without the use of fever reducing medicines.
   b. OR if your child's PCP diagnoses a chronic condition with unchanged symptoms, or a confirmed acute illness (i.e., influenza, strep-throat) and COVID-19 is NOT suspected, then a signed note from the provider explaining the alternate diagnosis is required.

There is no instantaneous outpatient COVID-19 test at this time. All swabs are sent to the University of Rochester where they are processed in 3-5 days and sometimes longer.

I found out my co-worker(s) tested positive for COVID-19 and I was exposed to him/her.

I am feeling fine.

Call the NYS Hotline at 1-888-364-3065 or visit https://www.monroecc.edu/coronavirus/nys-covid-19-testing/ to make an appointment. It is generally advised that testing wait at least 4 days after potential exposure to improve accuracy. If symptoms develop, call your PCP.

I don't feel well and have COVID-19 type symptoms.

1. Call your PCP office about the exposure.
2. If you do not have a PCP, visit one of our Urgent Care Centers.
3. If you have symptoms, you will be asked to call before entering. If you do not have a phone, enter the office and advise the secretary, who will quickly arrange for care.

I went to work today and found out my co-workers tested positive for COVID-19. I was NOT exposed to him/her. I am feeling fine but am worried.

Call the NYS Hotline at 1-888-364-3065 or visit https://www.monroecc.edu/coronavirus/nys-covid-19-testing/ to make an appointment for asymptomatic testing. Should you seek care without symptoms, your insurance may not cover the cost. Call ahead to your insurers and confirm your coverage. It is generally advised that testing wait at least 4 days after potential exposure to improve accuracy.

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