



# PATIENT INSTRUCTIONS

## COVID-19 (NOVEL CORONAVIRUS)

### WHAT TO DO WHILE WAITING FOR RESULTS

#### Protect yourself and others



Please stay at home except to receive medical care. Do not go to work or public areas, and avoid using public transportation.



Frequently wash your hands with soap and water for 20 seconds. If soap and water aren't available, use an alcohol-based hand rub (with at least 60% alcohol).



Even if you don't have symptoms, such as a cough, you should wear a mask until you are released from home isolation monitoring because you can still spread the virus to others.



Drink plenty of fluids and rest.



Clean and disinfect surfaces that you touch and keep others from touching those surfaces.



Avoid touching your eyes, nose, and mouth with unwashed hands. Cover your cough or sneeze with tissue and throw it in the trash. Wash your hands afterwards.

### PREPARE TO ACCESS RESULTS

- Download My Health+ now to access results as soon as they are ready [www.intermountain.com/app](http://www.intermountain.com/app)
- Text Message will be sent when your results are ready
- If COVID-19 Positive, results will be delivered via:
  - My Health+ (all results shown)
- If you need a written report of your COVID-19 results for work or school, you can:
  - Print your result from My Health+
  - Email [MedRecReq@r1rcm.com](mailto:MedRecReq@r1rcm.com) please include your full name, date of birth and phone

### I HAVE MY RESULTS, NOW WHAT?

Effective treatments are available for patients who do develop severe COVID-19 and require care in the hospital. Please do not delay contacting a healthcare provider if you have any of the following:

- you have difficulty breathing, Some patients have dangerously low oxygen levels but don't feel short of breath. If you have access to an oxygen monitor (also called a "pulse oximeter"), you should monitor your oxygen levels at home. If they are below 90%, please seek medical attention.
- you have underlying medical conditions that impair your immune system
- you have chronic disease of your lungs, kidneys, or heart
- your overall condition worsens in the days following initial diagnosis
- Some very-high risk patients may be eligible for new treatments for COVID-19. Please check your risk using the online calculator on the the Utah coronavirus website: [www.coronavirus.utah.gov/noveltherapeutics](http://www.coronavirus.utah.gov/noveltherapeutics)

**If result is positive**, please follow the guidance on quarantine requirements as outlined by the Utah Department of Health and the Center for Disease Control (CDC).

**If symptomatic and negative**, please continue to stay home and self-isolate until all symptoms are resolved and follow the self-isolation guidance from the UDOH and CDC.

**If asymptomatic and negative**, you should also follow the guidance from the UDOH and CDC for the self-isolation period. This is particularly important if you were tested too early in the disease period (day 1-6 of exposure) using the saliva-PCR test as the amount of virus in your body may have been too low to detect.

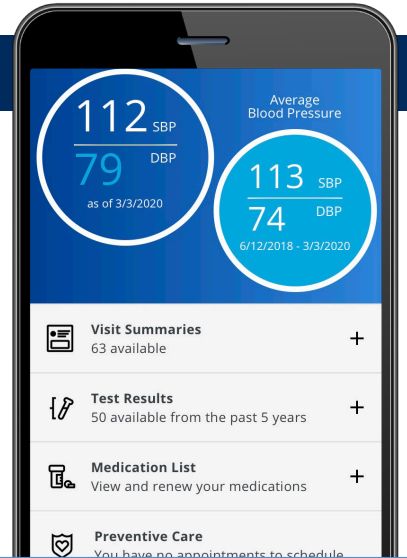
**If follow-up care is needed**, please contact your primary care provider. Your Provider will advise you on how to treat symptoms.

# HOW TO GET YOUR COVID-19 TEST RESULTS

You can use Intermountain Healthcare's new My Health+ digital health app to get your COVID-19 test results as soon as they are available.



Scan here or go to [www.intermountain.com/app](http://www.intermountain.com/app) to get My Health+ today.



## Get started:



### 1. Download

Download the My Health+ app from the App Store or Google Play, or visit My Health+ on the web (no download required) at [www.intermountain.com/app](http://www.intermountain.com/app)



### 2. Login

Login using your existing My Health+ username and password. If you don't have one, simply create a My Health+ account online or in the app. To access the records of those you care for, such as children or dependents under 18, please follow the instructions provided at

[www.intermountainhealthcare.org/mmrecords](http://www.intermountainhealthcare.org/mmrecords)



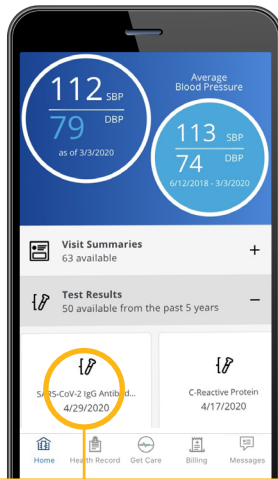
### 3. Explore

Explore the app and view your test results. Beyond COVID-19, My Health+ can help you easily find, manage, and pay for care in the future.

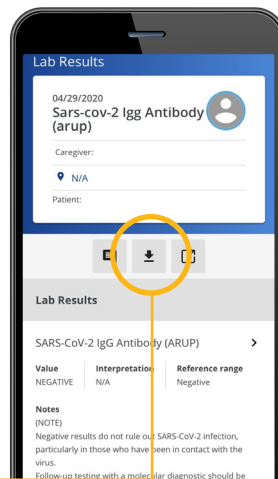
## To get your test results:



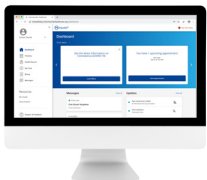
Select "Health Record" then "Test Results."



If your COVID-19 results are in, select them.



From there, you can easily download and print your test results yourself or email them.



My Health+ is also available on a desktop computer. It has the same functionality but looks slightly different. [www.intermountain.com/app](http://www.intermountain.com/app)

