COVID 19- PATIENT TESTING/EXPOSURE

We are testing you for COVID-19 today, your results may take a week to come back. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

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

Diarrhea

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

Trouble breathing

Persistent pain or pressure in the chest

New confusion

Inability to wake or stay awake

Bluish lips or face

If you have symptoms or have a POSITIVE result-

Please follow at home instructions.

Wear a mask.

1. Stay at home, except to get essential medical care or basic needs, like food.
2. Avoid locations including work, school, or public areas, public transport, rideshare, or taxis.
3. Separate yourself from others in the home, as much as possible.
4. Cover your coughs and sneezes with a tissue or you elbow.
5. Wash your hands often with soap and warm water for at least 20 seconds.
6. Avoid touching your eyes, nose, and mouth.
7. Do not share household items like dishes, cups, eating utensils, and bedding.
8. Reschedule all non-essential medical appointments and call ahead to your medical provider before you for instructions or precautions needed prior to appointment.

9. Postpone long-distance travel as you may be unable to return if you become symptomatic.
10. Monitor your symptoms for 14 days after you were exposed. Watch for: fever (take your temperature twice a day), coughing, shortness of breath, body aches, sore throat, headache, diarrhea and/or vomiting.

Covid19 Resources
Monday-Friday 8AM-5PM- call (602) 506-6767.
After 5PM and on weekends- call (602) 747-7111
Arizona COVID-19 Hotline:1-844-542-8201

Call local screening hotlines for testing
Banner Health 1-844-549-1851 phones will be open 7a-6pm)
AZ DEPARTMENT OF HEALTH WEBSITE FOR TESTING CENTERS.
https://www.azdhs.gov/preparedness/epidemiology-disease-control/infectious-disease-epidemiology/index.php#novel-coronavirus-testing

If your results are NEGATIVE, that does not mean that you cannot still get the virus. Please practice good personal hygiene, wear a mask and practice social distancing.

If your COVID results are POSITIVE, you will need to contact your personal medical provider or the Wassaja Memorial Health Center at (480) 789-7865.

Thank you,
The HeartFit Team