Cass Health

COVID-19 TESTING

GETTING YOUR RESULTS

Your COVID-19 test was collected outside of a clinic or Emergency Department visit, which means your provider may not review the results or communicate those results back to you.

What should I do while I wait for my result?

You should follow the guidance for a positive result (at right) and isolate yourself from others as a precaution.

How will I get my result?

You will receive a notification from MyChart that you have a new test result; typically within 48 to 72 hours.

If you do not have a MyChart account, our staff will call with your results.

If you need a printed copy of your result, you can print your test result directly from MyChart, or you can pick up a copy from Medical Records.

New to MyChart?
Read more on page 2.

If your result is negative for COVID-19...

You probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. It is possible that you were very early in your infection when your sample was collected and that you could test positive later. Continue to take steps to protect yourself and avoid spread of illness:

- Get vaccinated
- Wear a mask & stay 6 feet away from others
- Avoid crowds and poorly ventilated spaces
- Wash your hands often, cover coughs and sneezes
- Clean and disinfect high touch surfaces

If your result is positive for COVID-19...

STAY HOME Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

TAKE CARE OF YOURSELF Get rest and stay hydrated. Take over-the-counter medicines, such as Tylenol or Advil, to help you feel better.

SEPARATE YOURSELF FROM OTHERS As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around others, wear a mask. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive.

PREVENT SPREAD You should wear a mask over your nose and mouth if you must be around other people or animals, including pets. Cover your mouth and nose with a tissue when you cough or sneeze. Wash your hands often with soap and water for at least 20 seconds. Clean all high-touch surfaces every day.

MONITOR SYMPTOMS Look for emergency warning signs for COVID-19. Seek emergency medical care immediately if you experience:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds (depending on skin tone)

This list is not all possible symptoms. Please seek care immediately if symptoms appear that are severe or concerning to you.

ISOLATION GUIDANCE If you tested positive and have symptoms, you may stop isolating when:

- 10 days since symptoms first appeared **AND**
- 24 hours with no fever without the use of fever-reducing medications **AND**
- Other symptoms of COVID-19 are improving*

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

Note that these recommendations do not apply to people with severe COVID-19 or with weakened immune systems.

If you tested positive for COVID-19 but had no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.

Cass Health

Keep tabs on your appointments & health information on your computer or smartphone with MyChart.

About MyChart

MyChart is a web-based service that gives you instant access to your personal health information. It also helps keep you in touch with your health care team.

With MyChart, you can:

- View your medical record & review appointment notes
- Request an appointment
- See test results
- Request a prescription renewal
- Email questions to your provider's office
- Find trusted health information
- View upcoming appointments
- Use the eCheck-In feature to speed through Admissions

You can use MyChart if you are a patient who is:

- Age 12 or older
- A Cass Health patient

To begin using MyChart, you'll need:

- An email address, internet access, and an up-to-date web browser

Login to your account at mychart.casshealth.org

You may see test results in MyChart before your provider.

We believe that sharing information builds trust and stronger relationships. Beginning March 9, 2021, most test results will be published immediately in MyChart, which means you may see results even before your provider.

Some results may be difficult to understand without explanation. It's often best to discuss these together.

We look at every result and will contact you with any results that concern us.

If we have a critical concern, we will always follow up with you right away.

If you have an urgent concern, we encourage you to reach out to us.