

## Follow-up Steps for Patients with Pending COVID-19 Testing – Pre-Procedural September 1, 2020

Thank you for choosing Inova Health System for the birth of your baby. During your visit, you received a COVID-19 test. You should receive your results in **2-3 days**.

### When will I know the results of my COVID-19 test?

There are multiple ways to see your COVID-19 test results after the 2-3 day waiting period. Please ensure we have your most up to date contact information on file before you leave your appointment.

1. The easiest way to find test results done at an Inova care site is through your MyChart account, Inova's online patient portal. This is also a good way to connect with your Inova primary care team for continued care. If you do not already have MyChart activated, please see below for the activation QR codes. Please note that MyChart is unavailable for anyone between the ages of 12-17.
2. The OB-GYN or nurse practitioner, who ordered your COVID-19 test or another Inova team member will call you with your test results.
3. If you're having difficulty finding your test results, or if you have additional questions, please contact the COVID-19 Test Results Call Center at 571-347-3040 for further instructions. The call center is open daily from 8 a.m. – 8 p.m.

*If you need help activating your MyChart account, please call 855-694-6682. **You can download the MyChart application to your phone using the QR codes below:***



### What should I do while I wait for my test results?

**Self-isolate after your COVID-19 screening test until your scheduled surgery or procedure.**

- Self-isolation will reduce the likelihood of being exposed to COVID-19 prior to your surgery or procedure.
- Self-isolation means staying home and not participating in activities outside your home, except for when receiving medical care.

- Do not allow visitors to come into your home during your self-isolation period.
- Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Do not go to work, school or public areas.
- Avoid using public transportation, ride-sharing or taxis.

**Avoid leaving your home unnecessarily.** If you have to leave your home, follow this guidance:

- Stay at least 6 feet away from others while shopping and in lines.
- Do not touch your eyes, nose or mouth.
- Cover your mouth and nose with a cloth face covering or mask when out in public.
- Disposable gloves are not necessary or recommended when in public; there is a high risk of cross-contamination if they are not changed between touching clean and dirty things.
- If you do have to visit a public place in person, go during hours when fewer people will be there (for example, early morning or late night).
  - If you are at higher risk for severe illness or have a pre-existing condition, find out if the store has special hours for people at higher risk, such as senior hours. If they do, try to shop during those hours.
- Disinfect the shopping cart; use disinfecting wipes if available.
- If possible, use touchless payment (pay without touching money, a card or a keypad). If you must handle money, a card or use a keypad, use hand sanitizer right after paying.

### **Continue to practice good hygiene**

- Wash your hands often with soap and water for 20 seconds. Always wash immediately after removing gloves and after contact with a person who is sick.
- Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Additional key times to clean hands include:
  - After blowing one's nose, coughing or sneezing
  - After using the restroom
  - Before eating or preparing food
  - After contact with animals or pets
  - Before and after providing routine care for another person who needs assistance (e.g., a child)

### **Clean all "high-touch" surfaces daily**

- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.

- Also, clean any surfaces that may have blood, stool or body fluids on them.
- Use a household cleaning spray or wipe according to the label instructions.
- When doing laundry:
  - Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
  - Do not shake dirty laundry.
  - Wash your clothes, bedding and towels separately from other members of your home.
  - Clean and disinfect clothes hampers according to guidance above for surfaces.

**Self-monitor for COVID-19 symptoms.**

Contact the doctor who will be delivering your baby if you are experiencing COVID-19 symptoms: shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell, nausea and vomiting, diarrhea or headache.

**What happens if my result is positive, will I still have my procedure?**

Yes, we will still deliver your baby, but the schedule may change. If your test is positive, your doctor will notify you and will discuss next steps with you.

**If you are ill** and need to see a healthcare provider, but your obstetrician or midwife is not available, please contact your primary care physician if it is a medical issue unrelated to pregnancy. If the urgent issue is OB related go to the ER (Inova Alexandria Hospital, Inova Fair Oaks Hospital) or OB-Emergency Department (Inova Loudoun Hospital, Inova Women's Hospital) at the hospital where you will deliver.

**For further information, please consult the following websites:**

Inova Health System (IHS)

<https://www.inova.org/covid19>

Virginia Department of Health (VDH)

<https://www.vdh.virginia.gov/coronavirus/>

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>