

Employee Occupational Health Services (EOHS) COVID-19 PCR Test

You have been tested for COVID-19 (coronavirus). Results are typically available in 2 to 4 days. **Our testing sites do not have access to your test results.**

The M Health Fairview EOHS team will call you within 24 hours of receiving your results. If you have not received your results within 5 days, please reach out to the EOHS team for assistance at 612-884-5800.

What you should do if you have COVID-19 symptoms

Please **stay home and away from others** (self-isolate) until:

- You've had **no fever**—and no medicine that reduces fever—for 1 full day (24 hours), **AND**
- Your other symptoms have gotten better. For example, your cough or breathing has improved, **AND**
- At least 5 days have passed since your symptoms first started.

Your care team may prescribe you medicine. Not all treatments are safe for everyone. Some treatments have been in the news but don't work. For a list of treatments that are proven to help COVID, see <http://www.fvfiles.com/525591.pdf>.

During this time:

- Stay home until it's safe to be around others.
- At home, stay away from other people and pets. Or, wear a [well-fitting mask](#) when you need to be around others.

- Monitor your [symptoms](#). If you have any [emergency warning signs](#) (including trouble breathing), seek emergency medical care right away.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- [Improve ventilation at home](#), if possible.
- Don't share personal household items, like cups, towels, and utensils.

When to seek medical attention

If you have any of these emergency warning signs* for COVID-19, get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- Bluish lips or face

*This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency. Notify the operator that you have (or think you might have) COVID-19.

To learn more about COVID-19 and how to care for yourself at home, please visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

For more about your care at M Health Fairview, please visit www.mhealthfairview.org/covid19