COVID Overview

If you had a COVID test, the result will come to you directly via text message. Your results will also be made available to the care provider who ordered the test. If you are positive, they may reach out to you for follow up. We hope this document answers all of your immediate questions. If you have further questions not answered here or on the CDC's website, please call your primary care provider's office for more information.

Waiting for Test Results

- Until you receive a test result, you should follow the steps below as though you are positive.
- You may have been tested for the flu or for strep. Regardless of those results, you may be infected with COVID-19. Having more than one viral or bacterial infection at a time is possible. So, take precautions, and wait for your result.

If you receive a *positive* test result for COVID-19, whether or not you are experiencing symptoms:

- Isolate: Separate people with COVID-19 from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a mask when around other people, if you are able to.
- Monitor your symptoms. If you have an emergency warning signs (including trouble breathing, chest discomfort, confusion, inability to stay awake, or bluish lips or face), seek emergency medical care immediately.

You can be with others after:

- At least 10 days since symptoms first appeared and
- At least 24 hours with no fever without fever-reducing medication 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.)

If you are immunocompromised due to a health condition or medication, you may need to stay at home and isolate longer than 10 days. Ask your primary care provider for more information.

If you receive a *negative* test result for COVID-19:

- You *probably* were not infected at the time your sample was collected. The test result only means that you did not have COVID-19 at the time of testing. Continue to take steps to protect yourself and others. Stay home if you continue to feel sick.

Influenza

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people, except to get medical care.

If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

CEDAR POINT HEALTH

Certain people are at high risk of serious flu-related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions). If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

People experiencing these warning signs should obtain medical care right away.

In children	In adults
Fast breathing or trouble breathing	Difficulty breathing or shortness of breath
Bluish lips or face	Persistent pain or pressure in the chest or abdomen
Ribs pulling in with each breath	
Chest pain	Persistent dizziness, confusion, inability to arouse
Severe muscle pain (child refuses to walk)	Seizures
Dehydration (no urine for 8 hours, dry mouth, no tears when crying)	Not urinating
	Severe muscle pain
Not alert or interacting when awake	Severe weakness or unsteadiness
Seizures	Fever or cough that improve but then return or worsen
Fever above 104°F	
In children less than 12 weeks, any fever	Worsening of chronic medical conditions
Fever or cough that improve but then return or worsen	These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.
Worsening of chronic medical conditions	

Strep Throat

Viruses are the most common cause of a sore throat. However, strep throat is an infection in the throat and tonsils caused by bacteria called group A Streptococcus (group A strep).

Doctors treat strep throat with antibiotics. Either penicillin or amoxicillin are recommended as a first choice for people who are not allergic to penicillin. Doctors can use other antibiotics to treat strep throat in people who are allergic to penicillin.

Benefits of antibiotics include:

- Decreasing how long someone is sick
- Decreasing symptoms (feeling better)
- Preventing the bacteria from spreading to others
- Preventing serious complications like rheumatic fever

Someone who tests positive for strep throat but has no symptoms (called a "carrier") usually does not need antibiotics. They are less likely to spread the bacteria to others and very unlikely to get complications. If a carrier gets a sore throat illness caused by a virus, the rapid strep test can be positive. In these cases it can be hard to know what is causing the sore throat. If someone keeps getting a sore throat after taking the right antibiotics, they may be a strep carrier and have a viral throat infection. Talk to a doctor if you think you or your child may be a strep carrier.

All information was adapted from the Centers for Disease Control and Prevention Website, cdc.gov/covid19.