

# **Beach Pediatrics**

## **COVID 19 Testing next steps:**

*We hope you or your child is feeling better. You or your child have just received a nasal swab for a rapid antigen test (in office -15 minute turn around time for results) and/or the gold standard nasopharyngeal swab for a PCR test sent out to the lab (1-3 day turn around time). This test will hopefully catch any false negative results that the rapid test may have missed.*

*Please make sure your email and phone number is up to date in our system as we will be emailing you the results of these tests. **Please be sure to check your spam folder as well.***

*If you or your child have symptoms of COVID 19 or if you have been in contact with someone who is infected with covid 19, you are being asked to stay home and preferably in a separate room from the rest of the family, if possible while awaiting results. Staying apart helps stop the spread of the disease.*

### **Symptoms include:**

*Fever, cough, chills, muscle aches, headache, sore throat, abdominal pain, vomiting, diarrhea, runny nose, fatigue, wheezing, difficulty breathing or loss of taste and smell.*

*You should be isolated from everyone (if possible) until the PCR tests are back, if you have symptoms and you think you may have been infected with the virus. Once a test is positive you should isolate for 10 days.*

*You should be quarantined if:*

*you had close contact with someone known to have covid 19, even if you don't have symptoms. Close contact means being within 6 feet for more than 10-15 minutes in total in 24 hours or sharing a household or having direct physical contact like hugging etc.. You should quarantine for 14 days from the last time you were exposed to the person with covid 19 even if your test is negative. You cannot test out of a quarantine. Please see link to CDC below for examples of various scenarios of contact.*

*How should my family isolate?*

*Stay home*

*Don't have visitors*

*Separate yourself in a room that is not shared with others, if possible. Stay at least 6 feet away from others at all times. If over 2, please have the family wear a mask when outside your own room.*

*Use a separate bathroom if possible and disinfect after each use.*

*Arrange for food and medicine to be left at the front door. Please throw away all tissues and food items in a plastic garbage bag outside your door.*

*Don't touch your pet if you are infected.*

*Washing hands often for 20 seconds and use hand sanitizer with 60-70% alcohol.*

*Stay hydrated, rest, eat healthy foods and walk around in your room for some exercise.*

*This is all really hard, but we will get thru this together, please call our office with questions or schedule a telemed visit with anytime pediatrics, you can download the app and put in code 5000.*

*Feel better and stay safe and enjoy the holidays with your own family!*

**<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>**