



COVID-19 TESTING FAQ'S

RELEASE DATE: 4-10-20

Q: How do I know if I should be tested for COVID-19?

A: This depends on your personal health history and the severity of your symptoms.

If you are over 60 years old, pregnant or have a medical condition such as heart disease, lung disease or diabetes, call your provider and ask if you need to be seen in person. They may want to monitor your health more closely or test you for COVID-19 or flu.

If you do not have a high-risk condition and your symptoms are mild, your provider may assess over the phone whether or not your symptoms require testing. In the meantime, you should stay home and isolate yourself to ensure others are not exposed. There are currently no medications to treat COVID-19.

Q: Do I need an appointment? How do I schedule the test?

A: Step one is to call your primary care provider. If you don't have a primary care provider, call Skyline Family Medicine at 509-637-2810. You can talk to one of our providers over the phone or through a virtual visit. This is a very easy process and you do not need to be an established patient. Once you are here, the provider will meet you at your car and administer the test.

Q: I was tested. Now what?

A: Skyline Health is sending samples to a lab in Portland. Currently, the turnaround time is 24 hours or better.

1. Our samples are picked up at 3:05 p.m., M-F. We suggest coming to get tested before 3 p.m. if possible.
2. We will call you with your results as soon as they are available, often in less than 24 hours.
3. Your health care provider will give you a patient information handout on how to reduce the spread of infection to those around you.
4. If your condition worsens, please call the doctor or visit the emergency room.

Q: What if I have symptoms, but my provider didn't test me?

A: The CDC and state health authorities recommend that you stay home until you feel well. If your symptoms worsen, and you have questions about your medical care, contact your primary care provider. If you do not have a primary care provider, call Skyline Medical Clinic at 509-637-2810. If you develop more severe symptoms, like shortness of breath, high fever, or changes in



consciousness, we recommend you go Skyline Health's Emergency Department (please call ahead if possible at 509-637-2952) or call 911.

Health care providers are following the testing guidelines set up by the Washington State Department of Health. These guidelines are based on how many tests are available and how long it takes to process the results. As time goes by, these processes are improving and more people are likely to be tested if they need it.

Q: If I test positive, is everyone going to know about it?

A: Skyline Health takes the privacy of their patients very seriously. It follows HIPPA guidelines, which prevents the sharing of information without the consent of the patient.

Q: What if I think I may have been exposed?

A: If you have a medical appointment, call the health care provider and tell them you have or may have COVID-19. This will help the health care provider's office take steps to keep other people from getting infected or exposed.

If you think you may have Covid-19 – but were not tested or are awaiting test results – please take the following precautions:

- a. Stay at home and self-isolate
- b. Cover coughs and sneezes
- c. Wash your hands often with soapy hot water
- d. Clean frequently touched surfaces
- e. Reduce your interaction with others

For more information about COVID-19, please visit CDC website:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>.