



*Healthcare That Revolves Around You.®*

## **COVID-19 RNA Nasal Swab Testing**

At CareMount Medical we want to remind all of our patients that we are here for your healthcare needs during the COVID-19 crisis both in person, and via telehealth. Please visit us at [www.caremountmedical.com](http://www.caremountmedical.com) for the latest updates, virtual visits, scheduling appointments and patient portal registration and access.

### **Today you are here to receive a COVID-19 RNA nasal swab test.**

Your provider ordered this test for you because you are either exhibiting symptoms, have been around someone who was ill or COVID-19 positive, need clearance for reasons including, but not limited, to surgery or to return to work.

### **What is an RNA nasal swab test?**

A nasal RNA swab detects fragments of viral RNA which tells us you have the virus in your body.

### **How long does it take for results?**

You will be notified within approximately 3 days of returned results. If you are having difficulty obtaining results, please call your provider's office. If you are currently having symptoms you will be asked to quarantine until the results are available.

### **Does a negative test mean that I am not infected?**

Most likely you do not have COVID-19, but unfortunately, no test is 100%. If you are having symptoms consistent with COVID, your provider will ask you to continue isolating, and will repeat your COVID RNA.

### **I recently had a swab and it was positive, even though I am well. Does this mean I am infected (again)?**

The answer to that question is not quite clear, as we are still learning about the COVID-19 virus. RNA tests are very sensitive. If you test RNA positive but you are well, you may still be contagious. You will still need to isolate at home, and you may not leave isolation until you have 2 negative RNA tests at least 24 hours apart, or you are cleared to break isolation by your local Department of Health.

### **If I have a positive RNA nasal swab test does this mean that I am immune once I am well again?**

The answer to that question is unknown at this time. Having a positive COVID-19 swab and recovering does not relieve you of social distancing, wearing a mask in public, or being extra cautious with high risk groups.

### **I am still not feeling well; can I see my provider in person? I really do not want to go to an emergency room.**

The answer is yes! You may have a telehealth visit or face-to-face visit with your provider. At CareMount Medical we take social distancing very seriously. If you would like to see your provider, it is best that you call the office so that a visit can be appropriately arranged.

### **Are there any emergency symptoms I should look out for?**

Yes. If you are experiencing new or increased shortness of breath, unusual rashes, unusual swelling of your legs, weakness in part of your body or trouble thinking clearly, call 911 immediately.

### **What can I do for my symptoms?**

Always check with your provider first if you are taking prescriptions medication or have a health condition(s). We recommend plenty of rest, increased fluid intake, a diet as tolerated, and walking around your house or yard while social distancing and following guidelines.