



COVID-19 Exposure and Testing Updated Information

As of 12/30/21

Exposed to COVID-19 and have no Symptoms

CDC has updated the recommended quarantine period for those exposed to COVID-19. For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not due to COVID-19.

CareMount's COVID-19 Testing Options

CareMount is providing drive-thru COVID-19 RNA testing for patients who are going to be traveling, who need a procedure, or who may have been exposed to someone with COVID-19. This testing doesn't include a medical evaluation. If you are experiencing any signs of illness, you will not be able to use this service. To make an appointment for drive through COVID-19 testing, please visit our website at www.caremount.com.

Waiting on a CareMount COVID-19 Test Result

If you have had COVID-19 testing performed at CareMount, please note, CareMount performs RNA nasal swab testing. The turnaround time for nasal swabs is up to 3 days. If your test is negative, you will receive the result via email. We must have an up to date email address for you in our system. You can print your result from the email after you prove your identity. If you are positive you may also get an email and can print your result, and you will get a call from our practice.

The tests we perform may be a highly sensitive RT PCR, or NAAT TMA. Both are accepted by all US governmental agencies and the FAA. If you are planning on traveling internationally, please determine before testing whether the test you will receive at CareMount will be acceptable.

What to do if you have tested POSITIVE

If you test positive for COVID-19, you should remain home for 5 days. If you have no symptoms or your symptoms are resolving, you can leave your house after 5 days but should continue to wear a mask for an additional 5 days. However, if you continue to have a fever, you must remain home until that goes away and your symptoms are greatly improved. If you need specific documentation regarding a return to work date, we recommend a telehealth visit with your primary care provider. Demand for urgent care visits is extreme all over our region, and our wait times are very prolonged. Unfortunately it may take several hours to be seen, and we have to close the centers at times when demand exceeds capacity. You can schedule a virtual visit with a member of our Urgent Care team and our urgent care hours of operation are also available by visiting www.caremount.com