

You were tested today for coronavirus. You will be notified of your coronavirus (COVID-19) test results by either NorthShore or the Illinois Department of Public Health in the next few days. Please go home and isolate yourself from others in your home. Please isolate your family as well, even if they do not show signs or symptoms of the infection until you have been notified of your COVID-19 test results.

**If the COVID-19 test is NEGATIVE, discontinue home isolation in 7 days from the date of testing, as long as:**

- You have been symptom and fever free without the use of fever reducing medications, such as Tylenol or Ibuprofen, for the last 24 hours of your isolation period.

**AND**

- There is no one else in your home that tested positive for COVID-19 during your home isolation period. If so, then you must remain in home isolation until advised by NorthShore Infection Control or Illinois Department of Public Health.

**If you were tested prior to a scheduled surgery or procedure at NorthShore:**

- Self-quarantine in your home and isolate yourself from others, including those in your home until your procedure.
- Wear a mask to the location of your surgery or procedure. Upon arrival, your temperature and a review of any symptoms will be completed to further ensure your health and safety.

**If the COVID-19 test is POSITIVE, stay in quarantine until you have been given further direction from either NorthShore Infection Control or the Illinois Department of Public Health.**

- Stay home (your entire household should also remain home):
  - Restrict activities outside your home, except for getting medical care.
  - Do not go to work, school, or public areas.
  - Avoid using public transportation.

**If you were tested prior to a scheduled surgery or procedure at NorthShore:**

- Your procedure will be canceled and will be rescheduled in coordination with your physician.

**Most COVID-19 infections can be cared for at home; watch for worsening symptoms such as:**

- Shortness of breath
- Constant chest pain/pressure
- Slurred speech (new or worsening)
- Severe constant dizziness or lightheadedness
- Call your health care provider or Immediate Care at 224-364-2273 if you experience the developing or worsening symptoms.
- Call 911 if you have a medical emergency, alert the dispatch that you have COVID-19 and put on a facemask if possible.
- **If you choose to go the Emergency Room on your own due to worsening symptoms, please go to Evanston or Glenbrook Hospital. Call ahead to the Emergency Room and ask to speak to the charge nurse to notify them that you have COVID-19 and your symptoms.**

- **Glenbrook Emergency Department - 847-657-5632**
- **Evanston Emergency Department - 847-570-2111**
- **Pediatric patients: Advocate Children’s Hospital (847-723-5154) or Lurie Children’s Hospital of Chicago (312-227-3800)**
- If you have questions about isolation or quarantine for you or your family, please contact NorthShore's Infection Control Department at 847-570-2002 or contact the Illinois Department of Public Health.
- If your family starts developing symptoms, please call the COVID-19 Hotline at 847-432-5849.

**Protecting Yourself and Others:**

- Wash hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol
- Cover cough and sneezes with tissues or by coughing into the inside of your elbow. Dispose of tissue in a lined trash can. Wear a mask at all times if you can.
- Stay away from others: try to stay in a specific room and away from other people in your home. Practice social distancing: maintain 6 feet from other household members
- Clean and disinfect high-touch surfaces and common areas in your home with Clorox wipes or a diluted bleach solution (door handles, toys, coffee tables, chairs, bathrooms and kitchen sinks). 1/4 cup bleach to 1 gallon of water - you can use this in a spray bottle or with sponge from a bucket. For toys, rinse them with water after cleaning, if possible.
- Do not share utensils, towels, or other personal items.

**You can try the following remedies to alleviate some of your symptoms and fight this viral illness:**

- Tylenol for fevers and body aches and headaches.
- Mucinex-DM Extra Strength or Robitussin for cough and mucous relief.
- Vicks Vapo Rub apply to chest and under nose as often as you would like.
- Fresh Ginger + Lemon + Honey Tea (add 1 tablespoon of each to boil water, let simmer for 3-4 minutes, strain and drink; adjust the quantity of each ingredient based on taste).
- Nyquil at bedtime to help with sleeping.
- Warm steam or humidifier to avoid dry air.
- At least 1 glass of water every hour or Pedialyte or Gatorade.
- Cough drops like Halls or Cepacol for sore throat and cough.
- Salt water gargles three time a day (use warm water with 1 teaspoon of salt).
- Saline nasal spray for nasal congestion up to twice a day.

**Results Letters, Return to Work Clearance and FMLA Documentation:**

- If you require a results letter, return to work clearance or have FMLA documentation needs:
  - Please visit *NorthShoreConnect* or call 847-HEALTH-9 (847-432-5849) and complete a COVID Return to Work/FMLA questionnaire

Log-in to or Sign-up for NorthShoreConnect to view your lab results. Please go to [northshoreconnect.org](http://northshoreconnect.org), click log-in or sign up now to view your results.

Please confirm that we have your most up-to-date health insurance information by visiting [www.northshoreconnect.org](http://www.northshoreconnect.org) and clicking on the “billing” icon. You may also call the Billing Department at 847-570-5000.