

COVID-19 TESTING FOLLOW-UP

ROCKFORD PUBLIC SCHOOLS IN PARTNERSHIP WITH MERCY HEALTH

WHILE WAITING FOR TEST RESULTS

Please stay home and rest. Staying hydrated, taking medication for fever, and sleeping are typically helpful for viral illnesses.

All household members should also remain home while awaiting results.

You may call (616) 863-6034 during office hours if you have not received results after 72 hours or you may check your Mercy Health MyChart patient portal if you have one established.



Occasionally, a test will be “**invalid**”. If this occurs, you will be contacted regarding re-collection of the specimen.

IF POSITIVE FOR COVID-19 (“*DETECTED*” RESULT):

Stay home except to get medical care for a minimum of 10 days after your symptoms began, you have been fever-free for 24 hours, and have improvement in symptoms.

Call your doctor for medical advice or 9-1-1 for emergencies.

Isolation guidance- How to keep your family and community safe:

- Clean your hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.
- Wear a facemask whenever possible.
- Stay away from household members as much as possible- use a separate bathroom and bedroom if available.
- Cover your coughs and sneezes.
- Avoid sharing personal household items, such as utensils, drinking glasses, towels, and bedding.
- Clean all “high-touch” surfaces daily with a bleach-containing product.
- Prohibit visitors.
- **Household members must remain home during your 10-day isolation period and an additional 10 days of quarantine after you have been released from isolation unless otherwise directed by the health department.**

Alert close contacts of your COVID-19 status so they can quarantine as soon as possible and slow the spread

Seek prompt medical attention if your illness is worsening (e.g. difficulty breathing)

IF NEGATIVE FOR COVID-19 (“*NOT DETECTED*” RESULT):

If you are a close contact for someone who has COVID-19, a negative test does not end your quarantine.

If you are not in quarantine, you may return to school if fever-free for 24 hours without the use of fever-reducing medication and have improvement in symptoms.