

**Lynnfield Pediatrics, LLC - 628 Salem Street, Lynnfield, MA 01940 - (781) 599-1998**

Your COVID test was sent out to the lab. The results will return in 1-3 days.

Your test for coronavirus/COVID-19 test is pending. The results are not back yet. Here are your instructions:

Please follow the Home Isolation/Home Quarantine instructions until you receive your test result.

When you receive your test result, you will learn whether to continue home isolation, and if so, for how long. Sometimes, tests come back without an actual result. If this happens, you may need to return for another test.

Everyone, regardless of symptoms, must wash hands often; cover coughs and sneezes; follow guidance from your state, city, or town about face coverings/masks and stay-at-home advisories; and practice social distancing, staying at least 6 feet away from others when outside your home.

As of May 6th, 2020, the Governor of Massachusetts has mandated wearing a face covering or mask in public, particularly if within 6 feet of other people, such as in a store or post office. Children under 2 do not need to wear masks. Face coverings or masks are encouraged for children aged 2-5 who can keep these on properly, at the discretion of parents/guardians. Face coverings and masks should fit snugly but still allow for comfortable breathing. Detailed instructions from the CDC are available in multiple languages.

Please pay attention to your symptoms. If you have any new symptoms or feel worse, please contact our office at 781-599-1998.

Always call ahead before going to an Urgent Care or an Emergency Room. Please wear a face covering or mask when seeking medical care.

**HOME ISOLATION/HOME QUARANTINE INSTRUCTIONS**

Instructions for people exposed to or sick with COVID-19:

- Stay home except to get essential medical care.
- When leaving home for essential medical care, avoid public transportation, including buses, trains, ride-sharing services, and taxis.
- Wear a face covering or mask when leaving home for essential medical care.
- Stay separate from other people and animals in the household, and please limit nonessential visitors.
- Stay in a separate room as much as possible, away from other people. Use a separate bathroom if possible. If there is no separate bathroom, be sure to clean and disinfect the bathroom between users.
- Do not spend time with pets or other animals in your home.
- Please allow only essential visitors (for example, home health or visiting nurse services) to visit your home during isolation/quarantine.

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Call ahead before medical visits.

- Call ahead when seeking medical care to let the office know about the exposure or illness.
- Wear a face covering or mask while in the office to protect other patients and staff.

Wear a face covering or mask around other people and pets, even at home and in vehicles. If wearing a mask is not possible because of trouble breathing, others should wear a face covering or mask when in the same room.

**Instructions for household members of someone exposed to or sick with COVID-19:**

Cover coughs and sneezes. Cover your mouth and nose with a tissue when coughing or sneezing, or the inside of your sleeve if tissues are not available. Tissues should go in a trash can lined with a disposable bag. Immediately wash your hands after coughing or sneezing.

Avoid sharing personal household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. Wash all items thoroughly with soap and water.

Clean your hands often. Wash your hands with soap and water for at least 20 seconds. Rub the fronts and backs of your hands and the spaces between all your fingers the whole time. Then rinse with water. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all high-touch surfaces every day.

- High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe. Follow label instructions for safe and effective use, including precautions like wearing gloves and ensuring good ventilation during use.

**Monitor your symptoms.**

- Call your doctor if you or anyone else at home develops symptoms or, if already sick, starts to feel worse. If anyone has severe symptoms, like difficulty breathing, seek prompt medical attention.
- Before seeking care, call ahead and let the medical office know about the possibility of COVID-19. Be sure to wear a face covering or mask.
- If you have a medical emergency and need to call 911, notify the operator that someone at home has COVID-19. If possible, put on a face covering or mask before emergency medical services arrive.