



What to do if you have confirmed COVID-19 or think you might have COVID-19

If you have been diagnosed with COVID-19 or are suspected to have COVID-19, please follow the steps below for your health and the health of others.

What should I do now?

- Whether you have tested positive for COVID-19 or are waiting for your test results, please follow the steps below listed under **What should I do to keep myself and others safe?**
- If you have been tested for COVID-19 and your results are positive or inconclusive, you will hear from Seattle Cancer Care Alliance (SCCA) with your results in 1-3 days.
 - An SCCA Advanced Practice Provider (APP) will talk with you about your symptoms and assess if you need additional medical care.
 - ▶ Your care team will talk to you about any upcoming appointments and determine if you need to keep those appointments.
- An interviewer from public health may contact you if you test positive for COVID-19, usually by phone. The interviewer will ask for the names and contact information of people you have had close contact with recently. They ask for this information so they can notify people who may have been exposed. The interviewer will not share your name with your close contacts.

What if my symptoms get worse?

- If, at any time, you develop worsening symptoms, please let your care team know.
- If you have a medical emergency and need to call 911, tell the dispatch personnel that you have symptoms consistent with COVID-19 and, if you have tested positive, that you have confirmed COVID-19. If possible, put on a cloth face covering before emergency medical services arrive.

What should I do to keep myself and others safe?

- **Practice self-isolation.** Your SCCA care team will let you know when you it is safe to stop self-isolating. Your isolation may be extended due to the severity of your illness and if you are immunocompromised.
 - This includes limiting activities outside your home, except for getting medical care. You should also avoid going to public places, including work and school, and using public transportation such as buses, ride-shares or taxis.
 - If possible, you should wear a mask or cloth face covering when you are around other people or pets and before going into a healthcare facility. If you are not able to wear a cloth face covering (for example, because it causes trouble breathing) then people who live with you should not be in the same room with you, or they should wear a cloth face covering if they enter your room.
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- If you must see your care team and have active symptoms, please call your care team **before** coming into the clinic. They will provide guidance about whether you should come for your appointment or wait until your symptoms are resolved.
 - **Separate yourself from other people and animals in your home.** As much as possible, you should stay in a specific room away from other people in your home.
 - You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water. If available, you should also use a separate bathroom.
 - You should also limit contact with pets and other animals while sick. There is no evidence to suggest that pets might spread COVID-19 infection at this time. However, because all animals can carry germs that can make people sick, it's always a good idea to practice healthy habits around pets and other animals.
 - ▶ When possible, have another member of your household care for pets. If you must care for your pet, wash your hands before and after you interact with your pet and wear a cloth face covering if possible.
 - **Keep practicing good hand hygiene and cough/sneeze etiquette.** Wash your hands often with soap and water for at least 20 seconds.
 - If soap and water aren't readily available, use a hand sanitizer that contains at least 60% alcohol.
 - Cover your cough or sneeze with your elbow or a tissue (if using a tissue, throw the tissue in the trash). Immediately wash your hands or use hand sanitizer as instructed above.
 - **Clean all “high-touch” surfaces every day.** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
 - Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including safety measures you should take when using the product, such as wearing gloves.

Your health and safety are our top priority.

SeattleCCA.org