

Information for CPC Patients - Updated 7/23/2021

CORONAVIRUS COVID-19



HAS ARRIVED

VACCINE UPDATE:

Everyone 12 years and older is eligible for the COVID-19 vaccine now.

Pre-Registration is No Longer Required

To find a vaccine location near you, visit <https://vaccinate.virginia.gov/> or call (877) 829-4682.

For more information: www.cdc.gov/COVID19

COVID Testing – *Do I Need to be Tested?*



Our CPC providers can assess & determine the best testing option for your needs

Testing Needed:



- You **have** COVID symptoms
- You **had close contact*** with someone who confirmed positive for COVID-19
- You **were referred** for testing by a provider or the Virginia Dept. of Health

Testing Not Needed:



- You **do not** have any symptoms of COVID-19
- You **have not** been around a person known to be ill with coronavirus
- You **have not** been advised to be tested by a provider, workplace or for travel, then testing is not needed
- You **are in quarantine following an exposure and do not** have symptoms of COVID-19, then testing is not needed; however, **you still need to wait out the 14 days at home away from others.**

Unsure:



- You can use CDC's on-line symptom "**Self Checker**" tool to help you decide
- URL: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>
- Still unsure, you can **call your PCP's office and we can help you decide before you seek testing**

Testing Reminders:



- A **negative test indicates your status at that very moment** and it could be different the very next day.
- **If you have a known exposure and get a negative test result, this does not change your need to quarantine as you could become positive at any time within the 14-day incubation period of this virus.**
- If you choose to get tested, then you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional.
- You should follow the guidelines on when to test to ensure optimal testing and accuracy.

*Close contact defined as being within 6 feet of known infected person for at least 15 minutes

COVID Testing – Here's How & Options

Appointment needed?



- **Walk-in visits available** - at our Commonwealth Extended Care location
- **Make ahead appointments**– at all of our other West End and South Side locations

Indication?



- **Have symptoms now?** Isolate and get diagnostic testing as indicated*
 - **Concerned about exposure?** Quarantine and then get testing if symptoms develop*
 - **Think you may have had?** Antibody testing may be indicated*
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- **Need for work or school? Need for travel? Need for family visits?** Please discuss with your PCP how to accomplish this. If no symptoms, then inside office appt with your PCP may be possible

Type of Test needed & when?



- **Diagnostic Testing:** PCR or Antigen – both are deep nasal swabs
 - **PCR[†]** - Results in a few days; indicated if symptoms **present for minimum 24 hrs, or more than 5 days**
 - **Antigen** – Rapid test results in 15 minutes; indicated if symptoms **present minimum of 48 hrs but not greater than 5 days**
- **Antibody Testing:** blood draw, results in 24-48 hours



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[†] PCR-Polymerase chain reaction; this test detects small segments of DNA

NOTICE TO PATIENTS: Cost for COVID Testing

- The cost to most patients for COVID testing is the same as a PCP sick visit. If you have insurance, CPC submits claims on your behalf. If you have a deductible to meet, then your insurance company will notify you the amount you owe.
- Insurance companies have been covering the cost for COVID testing and a medical evaluation with a Primary Care Provider if someone has symptoms.
- Many insurances cover asymptomatic testing, *but some do not*. To be sure, you should check with your insurance carrier.
- For those who are self-pay, the cost is shown below.

Type of Test & Indication	CPT Code	Test Price	Additional Costs
PCR test: Diagnostic, collected, sent to reference lab	87635	\$100	\$10 Specimen handling fee + Cost of Office Visit with a PCP
Rapid Antigen test: Diagnostic, processed on site	87426	\$75	Cost of Office Visit with a PCP
Antibody test: Non-diagnostic, determines if you had COVID in the past and developed antibodies	86769	\$75	\$10 Venipuncture fee + Cost of Office Visit with a PCP

What You Need to Know about COVID-19

What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can easily spread from person to person. The virus that causes COVID-19 is a new type of coronavirus with new discoveries on symptoms and transmission as scientists continue to study it.

How is the virus spread?

It spreads mainly from **person-to-person** through **respiratory droplets** produced when an infected person coughs, sneezes or talks.

What are the symptoms of COVID-19?

Patients have had mild to severe respiratory illness with symptoms of:

- Fever
- Chills
- Fatigue
- Cough
- Shortness of breath
- Headache
- Body or muscle aches
- Loss of taste or smell
- Nausea, vomiting or diarrhea

Is there a treatment?

There is **no specific antiviral treatment** for COVID-19. People can get treatment to help relieve symptoms.

What are severe complications from the virus?

Many patients have developed pneumonia in both lungs and have developed sepsis which can cause organ failure.

The best way to prevent illness is to avoid being exposed to this virus.



What You Need to Know about COVID-19

Is there a treatment?

There is **no specific antiviral treatment** for COVID-19. People can get treatment to help relieve symptoms.

How can I protect myself?

- Get the COVID-19 Vaccine (if eligible)
- Wash your hands frequently with soap and water at least 20 seconds,
- Use hand sanitizer with at least 60% alcohol if soap & water not available
- Avoid touching your eyes, nose, face and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home as much as possible.
- Put distance between yourself and others. Remember some people can be spreading the virus without having symptoms.
- People at higher risk of getting sick should monitor their status closely for onset of symptoms.

Do I need to wear a mask?

Yes! CDC recommends everyone over age 2 wear a face mask when you go out in public. A mask will help prevent spreading the COVID-19 virus to others even if you do not feel sick.

Important: **wash and disinfect your fabric face mask often** -- either in a washing machine with hot water, put in bleach water for 5 minutes and rinsed well, or boiled for 5 minutes.



Getting the COVID-19 Vaccine



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Self-Quarantine or Home Isolation Tips

- If you have been exposed to someone and have **no symptoms**, then you should **self-quarantine** for 14 days to see if symptoms develop. You could be infectious, so you need to limit your contact.
- If you **have symptoms** then you should be on **home isolation** and also limit your contact. The period of isolation depends on your symptoms, may be less than or greater than 14 days.
- You will be homebound. This means you are to stay home unless you must see a doctor.
- If you share a home, you must have a designated area where only you will go. If you come out of your room, you must wear a mask. Separate from others in your home. If you must be near others, you must wear a mask.
- Don't share anything with anyone, including dishes, drinking glasses, cups, eating utensils, towels or bedding with anyone.
- Be vigilant with hygiene and disinfectant cleaning – everything – all surfaces – every day, several times a day if others may be touching surfaces. Countertops, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables are considered “high-touch surfaces” — wipe them often with a household cleanser.
- Monitor your symptoms and check your temperature twice a day. If your symptoms are not improving, call your doctor.



Self-Care Guidelines for Mild Symptoms

If you have symptoms – You must Isolate yourself from others!



- Check your temperature and monitor your fever carefully if it develops.
- Use OTC **Tylenol (up to 650mg every 6 hours)** or **Ibuprofen (up to 800 mg every 8 hours)** as needed for pain, fever or headaches
- Increase fluid intake, especially water, to thin mucous and boost the immune system
- Get plenty of rest this gives your body a chance to respond to the virus.
- Avoid sugar and dairy while congested since these may thicken mucous and make it harder cough up.
- Use OTC **nasal saline spray up each nostril four times daily**; consider using a **neti pot with distilled water to clear out the nasal cavity**
- Use OTC **Mucinex 600 mg twice daily** to loosen mucous
- Use humidifier at bedtime to help thin mucous
- If you have high blood pressure, then avoid decongestants (such as phenylephrine or pseudoephedrine) and ibuprofen and instead use products such as Coricidin.

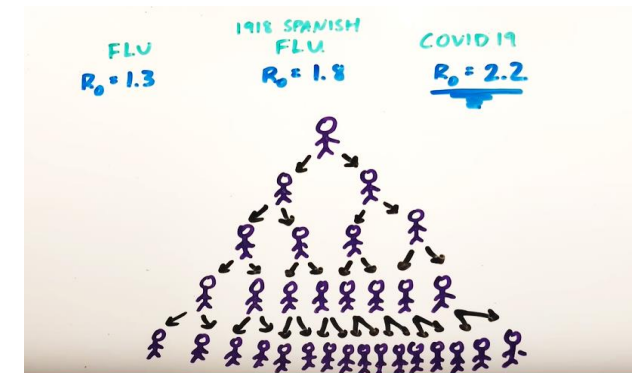
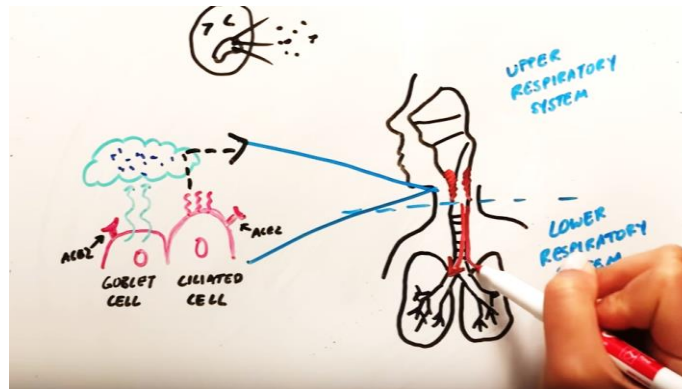
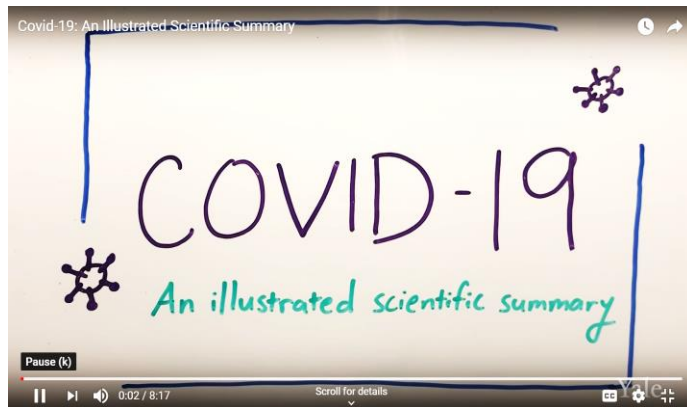


Understanding More About COVID-19

Many people want to learn more about this novel virus and how it works. Yale School of Medicine created an educational YouTube video to explain exactly how this virus replicates and the physiology of how the illness impacts people at the cellular level causing the symptoms that occur.

More importantly they explain the science behind how social distancing measures work and why it is so important to stay away from others. It also explains the science behind handwashing with soap and water.

This 8-minute video will teach you the information in a way that is easy to understand. Click the image to launch the video, or use this URL: <https://www.youtube.com/watch?v=AaXZfLkB80&feature=youtu.be>



COVID-19 Information

Centers for Disease Control:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf> (one page factsheet)

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>



World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>



Virginia Department of Health:

<http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/>



University of Washington IHME COVID Tracking:

<http://covid19.healthdata.org/>

Yale School of Medicine "Covid-19: An Illustrated Scientific Summary"

<https://youtu.be/AaXZfILkB80>

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