



MedStar Health

## Discharge Instructions for Patients Who Test **NEGATIVE** for COVID-19

You were tested for COVID-19. Your COVID-19 test results were **negative**. Your symptoms are consistent with a viral respiratory illness and we do not think you have COVID-19. Prevent the spread of viral illnesses with the following actions **until you are symptom-free for 24 hours (MedStar Associates 72 hours)**:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Stay home when you are sick and until fever free for a minimum of 24 hours without medicine like Tylenol, Motrin, or Advil.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Disinfect frequently touched surfaces.
- Avoid sharing personal household items, such as dishes, drinking glasses, cups, eating utensils towels, or bedding with other people or pets. After using, wash them thoroughly.

Sometimes, COVID-19 tests are falsely negative, meaning that the test didn't pick up enough virus to turn positive. This is more likely with a nasal swab (a shallow sample along the inside of your nose) than with a nasopharyngeal swab (a deep swab into the sinuses). If you develop worsened or new symptoms, or have not improved within 48-72 hours, call your doctor right away or schedule a same-day eVisit (MedStarHealth.org/eVisit) to discuss getting re-evaluated. These include:

- Sudden loss of taste or smell
- Worsening shortness of breath or cough
- Fever
- Flu-like symptoms (headache, shaking chills, sore throat, body aches)
- Signs of severe illness (not urinating as much as usual, dizziness, lightheadedness, confusion, extreme fatigue)

Information regarding COVID-19 is subject to change as more is discovered about this disease. Please refer to the CDC website for updating information.

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

**Signature waived by verbal agreement as per COVID-19.**