PROTECT YOUR MOUNTAIN PLAYGROUND

MCCALL · DONNELLY · CASCADE · YELLOW PINE · NEW MEADOWS

COVID-19 TESTING FAQs

WHERE TO FIND TESTING

ST. LUKE'S MCCALL

If you are experiencing symptoms of COVID-19, please call **(208) 634-1776**. A care team will complete a risk assessment over the phone and provide guidance on next steps.

CASCADE MEDICAL CENTER

If you are experiencing symptoms of COVID-19, please call **(208) 382-4285**. A care team will complete a risk assessment over the phone and provide guidance on next steps.

RITE AID MCCALL

Rite Aid, including the McCall location, is now offering individual COVID-19 tests. You MUST schedule an appointment online. Walk-up testing and in-person scheduling is not available.

TO SCHEDULE A TESTING APPOINTMENT:
- Visit https://www.riteaid.com/pharmacy/services/covid-19-testing
- Complete the online questionnaire
- Obtain an authorization number and appointment time
- Go to the Rite-Aid Drive thru window at your appointment time
- Provide pharmacy tech with your personal ID
- Receive test-kit and follow directions for self-swab then return to pharmacist
- Testing results will be available in 2 - 5 days
- No cost for the test

CRUSH THE CURVE

While we work to bring a larger community-wide testing opportunity to Valley County, there may be an option for individual businesses to work with Crush the Curve to test employees and staff. To get started, visit **crushthecurveidaho.com/company** to review options.

There is also an option for individuals. Visit **crushthecurveidaho.com/assessment** to get started. A testing appointment with Crush the Curve will likely mean a trip down to the Boise area depending on where current testing locations are set up.

What type of test am I getting?

This test is called a PCR test and is used to identify active COVID-19 virus. This is NOT an antibody serology test. This test detects genetic material of the virus using a lab technique called polymerase chain reaction (PCR). To conduct the test, a health care worker collects fluid from a nasal or throat swab or from saliva. Molecular tests are considered very accurate when properly performed by a health care professional.

What does a negative test mean?

If you test negative for COVID-19, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing. You might test negative if the sample was collected early in your infection and test positive later during your illness. You could also be exposed to COVID-19 after the test and get infected then. This means you could still spread the virus. If you develop symptoms later, you might need another test to determine if you are infected with the virus that causes COVID-19.

What does a positive test mean?

If you test positive for COVID-19, it is important to know what protective steps to take after your positive test result.

Stay home except to get medical care
- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- Avoid public transportation and ride-sharing.

Monitor your symptoms
- Symptoms of COVID-19 include fever, cough, or other symptoms.
- Follow care instructions from your healthcare provider and local health department. Your local health authorities may give instructions on checking your symptoms and reporting information.

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

Look for emergency warning signs* for COVID-19 and seek emergency medical care immediately:

Trouble breathing
Persistent pain or pressure in the chest
Bluish lips or face

New confusion
Inability to wake or stay awake

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Separate yourself from other people
As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

Call ahead before visiting your doctor
- Call ahead. Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

If you are sick wear a cloth covering over your nose and mouth
- You should wear a cloth face covering, over your nose and mouth if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.

Cover your coughs and sneezes
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw away used tissues in a lined trash can.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often
- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Wash these items thoroughly after using them with soap and water or put in the dishwasher.

Clean all "high-touch" surfaces everyday
- Clean and disinfect high-touch surfaces in your "sick room" and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.

- If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- Clean and disinfect areas that may have blood, stool, or body fluids on them.
- Use household cleaners and disinfectants. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

If I test positive, when am I considered to be "recovered?"
You can be with others after:
- 1 day (24 hours) with no fever (without the use of fever reducing medication)
AND
- Respiratory symptoms have improved (e.g. cough, shortness of breath)
AND
- 10 days since symptoms first appeared

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, respiratory symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

If I test negative, but know I have been in close contact with a confirmed COVID-19 case, should I quarantine?
Anyone who has been in close contact with someone who has COVID-19 should quarantine.

What counts as close contact?
- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Stay home and monitor your health
- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4∘F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away others, especially people who are at higher risk for getting very sick from COVID-19

FOR EMPLOYERS

This information is intended for business administrators in response to sick or possibly sick employees with COVID-19. **It is important that if you have an employee in your workplace with COVID-19 that you keep it confidential.**

What if an employee is being tested for COVID-19 or has symptoms but has not tested?

- Any employee being tested for COVID-19 should not work and should be isolated at home while waiting for test results.
- If the test result is negative or testing was not done, the employee should stay home until fever has been gone for 1 day (without fever reducing medication) and symptoms improve.
- If a person in your workplace has a negative test result but has had a known exposure or has been participating in high risk activities (e.g. going to large gatherings) it is recommended they stay home the 10 days from onset of symptoms if at all possible.
- If the test is positive, follow the directives below...

What if an employee has lab-confirmed COVID-19 test?

- When an employee notifies you of a positive COVID-19 test if the employee is not already isolated at home, they must be sent home immediately. Advise the employee to stay in isolation.
- Ask the employee which coworkers they have been in close contact with starting two days before the start of symptoms. The Centers for Disease Control and Prevention (CDC) defines close contact as "a person that has been within 6 feet of the infected employee for a prolonged period of time (about 15 minutes)".
- Your local health department will contact you to obtain this information for the purpose of determining those at highest-risk. Not every employee will be contacted (only those at highest risk). Your health department will also follow-up with the person confirmed to have COVID-19 to advise of next steps.

Notify Your Employees
Consider alerting your staff as soon as possible, but remember to keep it confidential as required by the Americans with Disabilities Act (ADA).
  Your message should include:
  - Possible dates of exposure
  - Reminder to employees that there is current community spread of COVID-19. Advise them to watch for signs and symptoms which develop within 2 – 14 days from possible exposure
  - Remind employees how to best protect themselves from COVID-19 and the importance of staying home if they are sick
  - Let your employees know what your establishment is doing as a result of exposure (e.g. closing, cleaning, etc.)
  - Remind your employees of the establishment's illness policy

Quarantine Employees Who Have Been In "Close Contact"
Employees who have been in close contact with a suspected or known case of COVID-19 while that individual was ill or at any time starting two days before symptoms appeared should be in quarantine at home for 14 days. A close contact is any person who was within 6 feet for more than 15 minutes

of the ill individual or had unprotected direct contact to body fluids of the ill employee (e.g. cough or sneeze on face or sharing of a drink or a food utensil).

You cannot legally tell other employees who is sick. It is a violation of patient rights to reveal private medical information about someone. Employees may guess who the infected person is, but even if they do it is illegal for you to divulge that information. As an employer, you will need to assess who has had close contact with the COVID-19 positive employee (on the job, during breaks, at lunch, etc.).

Clean and Disinfect
- If the employee was in the building while infectious (starting 2 days before onset of symptoms) and it has been less than a week since the employee was last in the building, cleaning is recommended.
- If it has been more than a week since the employee was last in the building, then special cleaning is not necessary.
- It is recommended to close off areas used by the ill employee and wait as long as practical before beginning cleaning and disinfection to minimize potential for exposure to respiratory droplets. Open outside doors and windows to increase air circulation in the area. If possible, wait up to 24 hours before beginning cleaning and disinfection.
- The CDC offers guidance on how best to clean an area in which an infectious person was present. https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html

What if an employee has a suspected case of COVID-19 but has not been tested?

In this situation, you would follow all of the same steps outlined above for an employee who tested positive for COVID-19.

What if an employee has had a potential exposure to a lab-confirmed COVID-19 case?

If you or an employee at your establishment think you or they have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others if you get sick.

You generally need to be in close contact with a sick person to get infected. Close contact includes:
- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 15 minutes, or
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

- People who have been in close contact with a person who is sick from COVID-19 should stay home for 14 days since the last day of contact with the infected individual and monitor their health.
- If you have not been in close contact with a sick person with COVID-19, you should monitor your health for 14 days since the last day of contact with the infected individual. Your risk of becoming ill is lower than for someone who has close contact.
- If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild),

contact your healthcare provider. They will evaluate your symptoms, determine if you need to be tested for COVID-19, and instruct you on care, self-observation and/or isolation.

When can employees return to work?

For an employee who has a lab-confirmed COVID-19 test:

The employee may return to work after these three things happen...

- They have had no fever for at least 24 hours (that is one full day of no fever without the use medicine that reduces fevers)

AND

- Other symptoms have improved (for example, when their cough or shortness of breath have improved)

AND

- At least 10 days have passed since symptoms first appeared

For an employee who was exposed, but was not tested:

- If no symptoms appear after 14 days of quarantine, the employee can safely return to work.
- If the employee develops symptoms during their 14 day quarantine, they should follow the guidelines for an employee who has a confirmed positive (10 days after symptoms started AND 3 days after fevers have resolved and symptoms improved).

Do I need to shut down for 14 days if there is a confirmed case or exposure to a confirmed case?

Not necessarily. Follow the steps outlined above for the employee who has tested positive and any employees who have had close contact with the positive employee. Keep in mind that "close contact" refers to:

- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 15 minutes, or
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

Some employees may not have had contact that would be categorized as "exposure." For example, if all employees are wearing masks and interactions with the COVID-19 positive employee were brief, the chance of contracting the virus is greatly diminished.

COVID-19 AT THE WORKPLACE

01 ISOLATE

An employee should be isolated and remain in quarantine for 14 days if:

· Employee has been exposed or potentially exposed to a lab-confirmed COVID-19 positive case;

· Employee is showing symptoms (cough, fever, etc.);

· Employee has tested positive for COVID-19.

02 IDENTIFY

Notify staff as soon as possible about:

· Possible dates of exposure.

· Advise employees to watch for signs and symptoms within 2 - 14 days from last possible exposure date.

· Employees who have had "close contact" with the quarantined employee should self-isolate. Employees who have NOT had "close contact" should watch for signs and symptoms but do not need to self-isolate.

03 CLEAN

If the employee was in the business while infectious (starting 2 days before the onset of symptoms):

· Close off all areas used by the employee and wait as long as practical before cleaning and disinfecting (24 hours if possible);

· Open outside doors and windows to increase air circulation.

· Follow CDC guidelines on cleaning and disinfecting: https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html

04 BACK TO WORK

After a COVID-19 positive test, an employee can return to work after:

· They have had no fever for at least 24 hours (that is one full day of no fever without the use medicine that reduces fevers);

AND

· Other symptoms have improved (for example, when their cough or shortness of breath have improved);

AND

· At least 10 days have passed since symptoms first appeared.

*Employees who were exposed and quarantined for 14 days may return to work if no symptoms develop.

LOCAL CONTACTS

CENTRAL DISTRICT HEALTH
(208) 321-2222

ST. LUKE'S MCCALL
(208) 634-1776

CASCADE MEDICAL CENTER
(208) 382-4285

SOCIAL DISTANCE

wear a mask

WASH SOAP YOUR HANDS

Stay Home if Sick

TERMINOLOGY

"Exposure/Close Contact"

· Living in the same household as a sick person with COVID-19

· Caring for a sick person with COVID-19

· Being within 6 feet of a sick person with COVID-19 for about 15 minutes, or

· Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.)

"Quarantine/Self-Isolate"

· Stay home for 14 days after your last contact with a person who has COVID-19

· Watch for fever (100.4◦F), cough, shortness of breath, or other symptoms of COVID-19

· Stay away others, especially people who are at higher risk for getting very sick from COVID-19.