COVID-19

COVID-19 (coronavirus disease 2019) is an illness caused by a virus called SARS-CoV-2. Many with COVID-19 experience mild symptoms, however some can become severely ill. Shown below are some symptoms of COVID-19:

Symptoms

- Fever (100.4)
- Cough
- Shortness of breath
- Fever or chills
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Headache

NOTIFY OTHERS

According to the CDC, a person with COVID-19 is considered infectious starting 2 days before they develop symptoms, or 2 days before the date of their positive test if they do not have symptoms. If you are tested positive, you should notify those that you were in close contact with, such as family members or community areas where transmission is high including hospitals and other healthcare settings, nursing homes, correctional and detention facilities, childcare facilities, K-12 schools, and institutions of higher education (IHEs), high-density worksites, and events or large gatherings, among others.

Learn more about COVID:

Visit https://www.cdc.gov/coronavirus

SOURCE: https://www.cdc.gov/coronavirus

2800 Plymouth Rd, Building 35,
Ann Arbor, MI 48109-2800
P: 800.862.7284 F: 734.936.0755
www.mlabs.umich.edu

COVID-19
PATIENT GUIDE

MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

LABORATORIES

mlabs.umich.edu
800.862.7284

WHERE TO FIND RESULTS

Get Results

U-M PATIENT PORTAL:
https://uhs.umich.edu/portal

If you need to set up a portal or gain access to a minor's portal, please call Patient Portal Support at **734.615.0872**.

Or call your physician.

Check Status

MLABS CLIENT SERVICES:
If it has been 24 hours since your test, you can check the status by calling **800.862.7284**.

Testing can be expediated in urgent circumstances.

Understanding Results

DETECTED:
Means positive for COVID

INCONCLUSIVE:
Means neither positive or negative
Will need to be retested

NOT DETECTED:
Means negative for COVID

24-48 HOUR QUICK TURNAROUND RESULTS*

* OUR RT-PCR COVID TESTS MEET INTERNATIONAL TRAVEL REQUIREMENTS.

QUARANTINE & ISOLATION

Quarantine — Waiting for Results

If you have been exposed or in close contact, 6 feet or less for 15 minutes in last 24 hours with someone that has COVID.

You **DO NOT** need to quarantine if:

- Vaccinated/No symptoms
- Previously tested positive for COVID within the last 90 days/No symptoms

WHAT TO DO

- Recommended test 3-5 days after exposure.
- Wear mask around others for 14 days.

You **NEED** to quarantine if:

- Vaccinated/Has symptoms
- Unvaccinated/Has symptoms
- Previously tested positive for COVID within the last 90 days/Has symptoms
- Unvaccinated/No symptoms

WHAT TO DO

- Recommended test 3-5 days after exposure.
- Wear mask around others for 14 days.
- Stay home and keep away from others as much as possible for the next 14 days.
- Watch for symptoms (2-14 days after exposure)

Isolation — Tested Positive

Isolation is required if you are infected with COVID.

WHAT TO DO DURING ISOLATION

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Separate and stay in another room from other household members and pets.
- Use a separate bathroom, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a mask when around other people if able.

SHORTENING QUARANTINE & ISOLATION

7 DAYS If negative COVID Test

10 DAYS 10 days since symptoms first appeared
AND
24 hours with no fever without the use of fever-reducing medications
AND
If symptoms of COVID-19 are improving

Your local health departments or authority only requires quarantine for 10 days.