To Whom it may concern,

If you have taken a test for COVID-19, you will likely need to wait for your results. These results can take usually take anywhere from 4 days to 12 days to return from the laboratory. CMC has no control over when the results will come back. We recommend signing up for the Patient Portal so that you can get your results quickly when they do return.

While you are waiting for your test, please follow these instructions:
- Mask at all times when out of your home. (We should all be masked even if not being tested.)
- If you have symptoms, stay home and self-quarantine. Stay away from others.
- If you are having any trouble breathing or other medical problems, call your medical provider.
  o Call 911 if you are having any life-threatening issues.

If you test NEGATIVE, then it is unlikely that you had COVID-19 at the time of your test. If you were quarantined due to thinking that you had COVID, that quarantine would be lifted as long as you have not develop new symptoms and if you are not quarantined for being exposed to someone who is POSITIVE for COVID-19.

If you test POSITIVE, then you are quarantined for 10 days from the time of your test, with at least the last day having no symptoms. If you still have symptoms after the 10 days, please contact your medical provider to get further instructions. Also, if you are POSITIVE, your close contacts and the people that you live with are also required to be quarantined for 14 days from the date you tested. Of note, retesting to see if you are negative is not recommended, and is not needed for your work.

Per the CDC [Center for Disease Control], Employers should not require a sick employee to provide a negative COVID-19 test result or healthcare provider’s note to return to work. Employees with COVID-19 who have stayed home can stop home isolation and return to work when they have met the above criteria.

Thank you, and continue to mask and wash your hands!

Sincerely,

The Community Medical Centers Clinical Team. 7/28/2020