



FAMILY HEALTH NETWORK of Central New York, Inc.

- You are being tested today because you are identified as an asymptomatic essential worker, having a medical procedure that requires COVID 19 testing or have been exposed to a person positive for COVID-19.
- **If you are currently in quarantine as directed by the health department, you are to remain in quarantine.**
- **If you are an asymptomatic person having a medical procedure, you are to remain in quarantine until you receive your test results.**
- **If you are an asymptomatic person over the age of 60 and/or you have an underlying condition, you are to remain in quarantine until you receive your test results.**
- **If you are an asymptomatic person and are an essential worker, you should follow the policy of your employer for returning to work.**
- Your test results should be complete within 2-6 days.
- If you develop symptoms while waiting for your results, immediately contact your healthcare provider at Family Health Network.

If your provider informs you that your test is positive, you will immediately be on mandatory home isolation. Expect a phone call from the health department for further instructions.

In an effort to prevent the spread of viruses you must:

- Wash your hands often
- Avoid sharing personal items
- Cover your cough
- Avoid close contact with others
- Clean and disinfect surfaces
- Avoid touching your face
- Separate yourself from others in your household (sleeping in a separate bedroom)
- Not allow visitors or non-household individuals to enter your home during isolation

Please comply with the isolation instructions for the sake of your loved ones and others.