WMCHEALTH COVID-19
Testing Information

DIAGNOSTIC COVID-19 TEST RESULTS
Our COVID-19 Call Center will contact those individuals that test Positive. Diagnostic COVID-19 Test Results, both negative and positive.

- This site only serves as a collection/testing site and does not replace the care and advice provided by your primary care provider.
- Join our patient portal to access your results. The WMCHealth Physicians' Patient Portal enables easy and secure access to your information. Visit, https://health.healow.com/advancedphysicians to sign up.

IMPORTANT: The average time for test results may at times exceed 5 days. Please do not call Westchester Medical Center as we will not have any information to share with you.

Special General COVID-19 Information for You:
The virus is spread through:
- Respiratory droplets which occur when someone sneezes or coughs.
- Person-to-person infection can happen if/when you are in close contact with someone who is infected.
- Close contact means being within 6 feet of the infected person.
- The virus may be transmitted if someone touches a surface or object with infected respiratory droplets on it.

People are most contagious (at highest risk of spreading the virus to others) when they have symptoms. Some people may also be contagious before they get symptoms.

Symptoms of COVID-19 may happen within 2-14 days following exposure and can be:
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Currently, there is no cure or vaccine for COVID-19. The main treatment is supportive care. This means treating the symptoms with medications such as acetaminophen (Tylenol®) for fever, along with rest and fluids. Some patients are given additional treatments.

Please check with your care provider to determine what treatments are best for you.

IF YOU TEST POSITIVE FOR COVID-19:
...and it is determined that you do not require hospitalization (which is usually the case), it is STILL VERY IMPORTANT THAT YOU REMAIN ON HOME ISOLATION (quarantine). The purpose of this is to keep people with COVID-19 separated from other non-infected persons to avoid spread of the virus. For patients who are infected with COVID-19, wearing facemasks may reduce the spread to others.

Discontinuing Home Isolation
For individuals with symptoms who are confirmed or suspected cases of COVID-19 and are directed to maintain home isolation and care for themselves at home, follow the Instructions of your local Health Department in cooperation with your University's health services.

For further instructions for Westchester County residents, please visit: health.westchestergov.com and review the Standing Commissioner's Order for Isolating of Lab Confirmed COVID-19.

For further instructions for Dutchess County residents, please visit: Dutchessny.gov/coronavirus and review the Standing Commissioner's Order for Isolating of Lab Confirmed COVID-19.

IF YOU TEST NEGATIVE FOR COVID-19:
- Avoid close contact with those who are sick.
- Stay at least 6 feet away from others.
- Do not share food, silverware, drinks (glasses) with anyone.
- Minimize non-essential outings to public places.
- Avoid large groups.

- Wash your hands often and wash for at least 20 seconds with soap.
- Wash your hands before you touch your face, especially your nose and mouth.

The virus is spread through droplets that tend to be in the air within a few feet of an infected person AND on surfaces they have touched within 24 hours or even longer.

Contact your primary care provider and be sure to tell them that you have, or are being evaluated for, COVID-19.

The COVID-19 situation is fast-changing. Please visit the New York State Department of Health or CDC websites for the latest news and information.

Monitor Your Symptoms
Seek prompt medical attention from your healthcare provider if your illness is worsening (e.g. difficulty breathing, high temperature, shortness of breath).

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID-19.

Questions – call your primary care provider to discuss. If you do not have a physician, our WMCHealth Physicians Advanced Physician Services medical group is available to you with information at wmchealthaps.com/physician-locator or our Advanced Family Medicine practice may be reached at 914.592.2400.

Vassar College
Health Services: 845.437.5800

Marist College
Health Services: 845.575.3270

Pace University
Health Services
NYC: 212.346.1600
Westchester: 914.773.3760

IF YOU HAVE WORSENING SYMPTOMS: CALL YOUR HEALTHCARE PROVIDER. IF YOU CANNOT REACH YOUR PROVIDER GO TO YOUR LOCAL EMERGENCY ROOM.

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