



## COVID-19 FREQUENTLY ASKED QUESTIONS

Questions? Call the Moab Regional Hospital Coronavirus Hotline at 435-719-3998

### 1. Who should get tested for COVID-19?

- a. Anyone with the following symptoms: fever, chills, cough, shortness of breath, chest pressure, headache, gastrointestinal distress (vomiting/diarrhea), sore throat, muscle aches, loss of taste/smell, sneezing, or allergy symptoms;
- b. Anyone with a testing code from their employer;
- c. Anyone that wants antibody testing for evidence of past exposure – note that most insurances are no longer covering antibody tests. An antibody tests will cost \$71.25, if paid in cash at the time of service;
- d. Anyone about to have a medical procedure that requires a COVID-19 test; or
- e. Anyone referred by the Health Department for contact tracing.

**TO SCHEDULE A TEST, CALL THE MOAB REGIONAL HOSPITAL CORONAVIRUS HOTLINE AT 435-719-3998.**

### 2. What is the test result process and timeline?

Patient samples taken at Moab Regional Hospital (MRH) are sent to the Utah Health Department lab in Salt Lake City to be tested. Test results typically take 5 days to process from the day the test was administered, but can take up to 10 days depending on the volume of samples that are being tested. MRH will contact each patient to inform them of test results on the very same day that results are received.

If your test result is **POSTIVE**, you will receive a phone call from a nurse at MRH. If your test result is **NEGATIVE**, you will receive an email or letter in the mail (depending on the information you provide on the “Consent for COVID-19 Testing” form prior to your test).

**The FASTEST way to receive your test result is by creating a Patient Portal account using the link on MRH’s website, [www.mrhmoab.org](http://www.mrhmoab.org) (click on “Patient Portal” at the top page). Test results are available on the Patient Portal as soon as the hospital receives them.**

- ### 3. I want my test results right away so that I can get back to work/family/travel/etc. Can I get a rapid test?
- Unfortunately, there is a national shortage on rapid COVID-19 tests kits. MRH has a very limited number of rapid test kits that are reserved for specific clinical applications. At this time, MRH does not have sufficient supplies of these tests to make them available to the public on demand.

### 4. What should I do if someone in my household has symptoms of COVID-19, but has not received their test results yet?

Social distance whenever possible and wear a mask when out in public. Get tested if you develop any of the following symptoms: fever, chills, cough, shortness of breath, chest pressure, headache, gastrointestinal distress (vomiting/diarrhea), sore throat, muscle aches, loss of taste/smell, sneezing, or allergy symptoms.

## 5. What is a PCR test?

The PCR test is a diagnostic test that can show if you have an active coronavirus infection by detecting the virus's genetic material. This test is done through a nasopharyngeal swab (a cotton swab placed high in the nasal cavity).

Some PCR tests are self-administered nasal swabs that are taken much lower in the nasal cavity (aka anterior nares). This includes the PCR tests for employees participating in the Asymptomatic Testing Program or patients who must be screened for COVID-19 prior to a medical procedure.

## 6. What is an antibody test?

An antibody test looks for antibodies in your blood that are made by your immune system in response to a threat, such as COVID-19. Antibodies can help fight infections and can take several days or weeks to develop after you have an infection. Antibody tests should not be used to diagnose an active COVID-19 infection. At this time, researchers do not know if the presence of antibodies means that you are immune to a COVID-19 infection in the future. For antibody testing, blood will be drawn from your arm by a phlebotomist in the lab at Moab Regional Hospital and then the blood sample will be sent to the Mayo Clinic for analysis.

## 7. What does it mean if I test POSITIVE for COVID-19?

It is very likely that you have COVID-19. There is a very small chance that a test can give a positive result that is wrong (a false positive). Some individuals with COVID-19 may be very symptomatic and others may have few or no symptoms. If you have severe symptoms, including difficulty breathing, you should immediately go to the Emergency Room or call 911. If you receive a positive test result you will be contacted by the Southeast Utah Health Department (SEUHD). Epidemiologists at SEUHD are tracking levels of COVID-19 in our community in order to better manage the COVID-19 pandemic.

The CDC also suggests that you take immediate action to protect yourself and others around you. This information is available at [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick). You should review and follow the CDC recommendations along with additional directions from your provider and/or local health department.

## 8. What does it mean if I test NEGATIVE for COVID-19?

You were probably not infected with COVID-19 at the time your specimen was collected. However, this does not mean you will not get sick. It is possible that you were very early in your infection when your specimen was collected and that you could test positive later. Also, you could be exposed later and then develop illness.

You should continue to practice preventative steps such as social distancing whenever possible, wearing a mask when out in public, washing your hands often, and complying with other guidance provided by the CDC at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick). You should monitor your symptoms and call the MRH Coronavirus Hotline if you begin experiencing symptoms, **435-719-3998**.

**9. What should I do if I receive a NEGATIVE test result, but continue to have symptoms consistent with COVID-19?**

You should continue to isolate yourself until your symptoms are improving AND you have been fever free, without the use of fever reducing medication, for 24 hours.

**10. What does it mean if I test NEGATIVE for COVID-19 antibodies?**

It is very likely that you do not have antibodies to the COVID-19 virus. This means that you likely have not been exposed and have no immune response to the virus. It is highly important that you continue to practice preventative steps such as social distancing whenever possible, wearing a mask when out in public washing your hands often, and complying with other guidance provided by the CDC at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick).

**11. What does it mean if I test POSITIVE for COVID-19 antibodies?**

This means that that you were most likely exposed to the virus at some point in the past and may have immune response to the virus. It is uncertain whether individuals with antibodies to COVID-19 are protected against future infection. It is also possible that the test may show positive antibodies when you have no prior exposure to this virus, because there is some cross-reactivity with other common viruses that can cause a falsely positive result.

It is recommended that even if you test positive for COVID-19 antibodies, you should continue to practice preventative steps such as social distancing whenever possible, wearing a mask when out in public, washing your hands often, and complying with other guidance provided by the CDC at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick).

**12. If my COVID-19 antibody test is POSITIVE, can I discontinue current recommended precautions, e.g. masks and social distancing?**

No, it is currently unknown if a positive antibody test indicates immunity to COVID-19.

**13. Can infants and children be tested for COVID-19?**

Yes, infants and children can be tested according to the same testing guidelines as adults.

**14. I think I've already had COVID-19 this winter/spring etc., how do I get tested for antibodies?**

Call the MRH Coronavirus Hotline, **435-719-3998**. A nurse will walk you through the COVID-19 testing flowchart to see if you qualify for antibody testing.

**15. If I test NEGATIVE for COVID-19, does that mean I am "cleared" and do not have to worry about being contagious?**

Although negative test results may be reassuring, there is a window of time (several days) after exposure to COVID-19 where you may be infected but not yet producing enough virus to be detected by a nasal swab. There is no such thing as being "cleared" for COVID-19 due to the high number of asymptomatic carriers. Therefore, it is safest to always assume you're contagious and social distance whenever possible, wear a mask when out in public, and wash your hands often.

**16. If I am wearing a mask, does it mean I no longer have to social distance or follow other recommended precautions?**

Evidence indicates that wearing a mask significantly reduce the transmission of COVID-19. However, masks are even more effective when they are combined with social distancing whenever possible and frequent hand washing.

**17. What do I do if there is a COVID-19 exposure at my workplace?**

Social distance whenever possible and wearing a mask when out in public. Get tested if you develop any of the following symptoms: fever, chills, cough, shortness of breath, chest pressure, headache, gastrointestinal distress (vomiting/diarrhea), sore throat, muscle aches, loss of taste/smell, sneezing, or allergy symptoms.

The health department will only ask people to quarantine (usually for 14 days) if they close contact with someone who tested positive for COVID-19. **Close contact means someone was *closer than 6 feet to a person who has tested positive for COVID-19 for 15 minutes or longer.***

**18. How do I get tested for COVID-19 if my employer (or other institution) requires me to get tested?**

If you have tested positive for COVID-19, you should wait until your symptoms are improving AND you are fever free for 24 hours without the use of fever reducing medication AND 10 days have passed since symptom onset before returning to work. There is a chance that if you are tested after this time, that you will still test positive for COVID-19 even though you are no longer contagious. For this reason, **employers should not be requiring employees to receive a NEGATIVE test result before returning to work.**

Symptomatic employees should be monitoring their health and if symptoms related to COVID-19, such as: fever, chills, cough, shortness of breath, chest pressure, headache, gastrointestinal distress (vomiting/diarrhea), sore throat, muscle aches, loss of taste/smell, sneezing, or allergy symptoms develop, they should call the MRH Coronavirus Hotline, **435-719-3998**, to be tested. Employers may discuss this issue and the potential of joining MRH's Asymptomatic Testing Program by calling the **MRH Coronavirus Hotline, 435-719-3998.**

**19. Why are some visitors with positive COVID-19 test results added to the Grand County case count and others not?**

Only visitors who have tested positive for COVID-19 in Grand County and plan on staying in Grand County for isolation will be added to the list of Grand County non-resident positives. Visitors who have tested positive for COVID-19 in Grand County and then leave, usually to return home, are then added to the list of COVID-19 positive individuals in their home county.