



Welcome to the Coronavirus sampling site. We are trying to help you as quickly and carefully as possible. There are a few things you must do to help us.

- **Remain in your car** at all times with your **windows rolled all the way up** unless a staff member instructs otherwise (*this is for safety*)
- Anticipate that you may have to wait.
- No **bathrooms** are available, we are sorry.
- Please **drive slowly and carefully** at all times.
- **Please tune your radio to 96.3 FM.** You will hear important information.
- If you have not already registered to be tested, but have internet access, go to **Cayugahealth.org** and do so.
- If you decide not to be tested, inform staff and they will assist you.

Please note that if you are tested, you must go straight home, as you will be on mandatory home isolation as directed by the Health Department. You will be contacted in about one week with the result of your test. Someone will contact you daily on behalf of the Health Department to ensure that you are in compliance with mandatory home isolation.

What does mandatory isolation mean:

You must go straight home without any stops on the way.

You must stay separated from all others in your home (even children - for their safety),

If possible, use a bathroom that only you use. If this is not possible, it must be disinfected after you use it, or you may use a commode in your bedroom.

Sleep in a separate bedroom and have all meals etc. brought to your bedroom door.

Visitors or non-household members are **not** allowed to enter your home for the duration of the isolation period.

You cannot go to work, school, public places, or social gatherings.

You are not to leave home for any purpose until you receive negative results AND have no symptoms for at least 24 hours. The following advice may be of help:



- **Household Members:** Household members are to remain separated from you inside your home and will not be allowed to use your bedroom or bathroom.
- **Visitors:** Visitors or non-household members are **not** allowed to enter your home for the duration of the isolation period.
- **If you develop new symptoms or need medical treatment:** call your primary care provider for direction first. Please do not go to the ER or Urgent Care without speaking to your doctor. *In case of emergency* call 911. **You must state that you are under isolation** for COVID-19 testing.

Important points:

You will be informed about your results as soon as they come in – it could take about a week. Your doctor will also get notified.

If your test is negative, you are released from isolation as long as you have no symptoms of illness for at least 24 hours. You should remain home for as long as you have symptoms, including but not limited to cough, higher than normal temperature for you, or shortness of breath.

If your test is positive, remain in isolation and expect a phone call from the health department for further instructions.

Please comply with your isolation for the sake of your loved ones and others. We understand this is a difficult time for our community. We want you to know that the entire Cayuga Health and Health Department team is here to provide care for you and your families. We are sorry for the difficulties this situation is causing you. Please remain calm and act responsibly.

If you do not have a primary care provider, please contact the Physician Referral Center (607)-274-4615.

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