Welcome
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.

Instructions:

- **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, and have internet access, go to [register.cayugahealth.com](http://register.cayugahealth.com) or call **(607) 319-5708**.
- If you decide not to be tested, inform staff and they will assist you.

[register.cayugahealth.com](http://register.cayugahealth.com)
ATTENTION
Testing by
APPOINTMENT ONLY

Register at:
register.cayugahealth.com
or call (607) 319-5708

Cayuga Health will be transitioning the Mass Sampling Center at the mall to “by appointment only” on Wednesday, August 5th.

Message Points:
• To enhance the testing experience for area residents, the Cayuga Health Mass Sampling Site will require scheduled appointments for everyone seeking and meeting the requirements for a COVID-19 Test.
• Those seeking a test can go to cayugahealth.org to review the criteria and schedule an appointment to be tested.
• By scheduling an appointment ahead of time it will minimize traffic congestion and should minimize the wait times for people being tested.
• Convenient same day appointments with self-selection of time slots available daily.

COVID-19 Testing Criteria

- Individual has developed symptoms related to COVID-19
  • Fever or chills
  • Cough or difficulty breathing
  • Fatigue
  • Muscle or body aches
  • Headache
  • New loss of taste or smell
  • Congestion or runny nose or sore throat
  • Nausea, vomiting or diarrhea

- Individual has been exposed to someone with COVID-19 in the last 14 days

- Cayuga Health is contracted by the individual’s employer, school, or other organization

- Individual has an upcoming procedure at Cayuga Medical Center

To learn more about testing for COVID-19, please call your health care provider directly or the Cayuga Health COVID-19 Sampling Line at 607-319-5708.

For those individuals that do not meet the criteria for testing and would like to be tested, a $99 option will be available. Please note, the cost for this service may be covered by a number of funding programs currently available.
Registration

It is recommended you complete this registration on a phone or tablet.

If you use a computer instead of a phone or tablet, use Google, Chrome, Safari, Edge, or Firefox as your web browser. Internet Explorer and some older browsers are not supported.

The call center (607-319-5708) is available to assist you with registration or other questions.

To register, go to: register.cayugahealth.com and follow the prompts:

1. On the first screen, select the reason you are seeking testing: symptoms, screening prior to a procedure, or essential employee.

2. On the second page, enter all demographic fields.
   • If you are an essential employee, please make sure to select your organization/facility at the top of the page.
   • If you wish to check your results online, you must enter your email address.

3. Next, if you have symptoms or are being screened for an upcoming procedure, you will select the CHS Sampling Site (Mall). If you are an essential employee, you will have the opportunity to select where you intend to be sampled.
   • If you select “CHS Sampling Site (Mall),” you may be sampled at the CHS sampling site at any time during normal business hours, up-to-date information is available at cayugahealth.org.
   • If you select, “On-Site at (your organization),” proceed to sampling as scheduled at your organization.

Important Points

You will be informed about your results as soon as they come in – it could take about a week.

Your primary care physician and organization will also be notified if you have provided their information at registration.

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

Please comply with your quarantine 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.

Acknowledgement & Consent

I hereby authorize Cayuga Health System and its affiliates, including Cayuga Medical Center and Cayuga Medical Associates, to examine, diagnose, and assess my health conditions, and to provide services to effectively treat me. I understand that health information about me may be shared for treatment of my condition, payment for services provided, and normal business operations. For these purposes, we may disclose your information to other healthcare providers including: pathologists, radiologist, and emergency physicians. I acknowledge and agree that this applies to all visits at Cayuga Health System and its affiliates, including Cayuga Medical Center and Cayuga Medical Associates. I acknowledge that I have been offered the HIPAA Notice of Privacy Practices and that I am duly authorized to provide acknowledgement of receipt. Notice of Privacy Practices are available at https://www.cayugamedicalassociates.org/notice-of-privacy-policy and https://www.cayugamed.org/protecting-patient-privacy/. I acknowledge that I have read and understand the above information.

Release of Information

I hereby authorize Cayuga Health System and its affiliates, including Cayuga Medical Center and Cayuga Medical Associates to release copies of all of my COVID-19 testing records to the organization/facility I identified during my registration, if I identified one. Unless it is revoked, this authorization will remain in effect for so long as the disaster emergency in New York State declared on March 7, 2020 remains in effect. I understand I may revoke this authorization at any time by presenting written revocation to the Health Information Management Department of Cayuga Medical Center. Revocation will not apply to information already released in response to this authorization. I understand that any release of information carries with it the potential for re-disclosure by the recipient and may not be protected by the federal privacy rules. Cayuga Medical Center and Cayuga Medical Associates will not condition treatment, payment, or eligibility of benefits on completion of an authorization. You may request a copy of this authorization.

For more information on your COVID-19 test results, please refer to the "View Your Results" section in the document.
Symptomatic
(Experiencing Symptoms)

If you are SYMPTOMATIC, you are 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.

- 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.
You are not to leave home for any purpose until you receive negative results AND have no symptoms for at least 24 hours.

Asymptomatic
(Experiencing No Symptoms)

If you DO NOT HAVE SYMPTOMS and are seeking screening testing, you do not need to quarantine while awaiting results. Please continue to follow social distancing guidance for essential workers.
If you DO NOT HAVE SYMPTOMS and are seeking testing because you were directed to prior to a medical procedure, after sampling and while awaiting results you should:

- Maintain current social distancing recommendations
- Follow other preventative measures such as wearing a cloth face covering in public when social distancing might not be possible
- Minimize trips away from home as much as possible
- Inform your healthcare provider performing the surgery or procedure if there is any contact with a suspected or confirmed case of COVID-19 or a person with symptoms consistent with COVID-19
- Inform your healthcare provider of any symptoms consistent with COVID-19 or a positive test result for COVID-19

If you DO NOT HAVE SYMPTOMS and have had close contact with a known case of COVID-19 or were advised by the Health Department to seek testing you should now self-quarantine for 14 days from your last known exposure even if your test is negative. To self-quarantine you should:

- Use standard hygiene and washing hands frequently
- Not share things like towels and utensils
- Stay at home
- Not have visitors
- Stay at least 6 feet away from other people in your household
- Monitor your health for any symptoms of cough, fever, and shortness of breath

If you develop symptoms, seek testing at the Cayuga Health Sampling Site, at The Shops at Ithaca Mall. Preregister at: register.cayugahealth.com
View Your Results
To view your COVID-19 or antibody test results please use the following steps:

If you have a Patient Portal Login:
• Go to mycayugahealth.cayugamed.org
• Sign in with your portal account
• Click on Health Record and then Results

If you do not have a Patient Portal Login:
• Go to mycayugahealth.cayugamed.org
• Click on the Sign Up link and fill in the enrollment information
• Receive an immediate email confirmation and create your login/password
• Click on Health Record and then Results

If you need assistance with your patient portal account, please send an email to mycayugahealthsupport@cayugamed.org or feel free to call (607) 319-5708.

Asymptomatic Essential Personnel

Essential Personnel can be permitted to work following exposure to a confirmed or suspected case of COVID-19 if all of the following conditions are met:

• Have no positive test result (including negative and pending);
• Have no symptoms of illness;
• Quarantine themselves at home when not at work;
• Temperature monitoring and symptom checks upon arrival at work and at least every 12 hours while at work, and self-monitor for symptoms while at home;
• Wear a facemask while at work;
• Separate self from others by a minimum of 6 feet whenever possible.

Any employees with symptoms consistent with COVID-19 (e.g., fever, cough, or shortness of breath) should not be at work. If the onset of symptoms begins when an employee is working, they should leave work, get tested and isolate at home.