PRIMARY CARE
of Cape Cod

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COVID-19 ANTIGEN TEST INFORMATION

You have elected to be tested for COVID-19 by our office. We use the Quidel Sofia 2 SARS Antigen system. After collecting a sample from a nasopharyngeal swab (deep inside your nose), the test detects the presence of proteins (antigens) specific to the COVID-19 virus.   We are seeing high demand, and will run your test as soon as we can. Once your test is run on our machine, we will have a result in approximately 15-20 minutes. Until you hear a result from our office, it is imperative that you strictly quarantine.

If you were exposed to a person with COVID-19, you should wait at least 3-5 days after the exposure to be tested. **You should strictly quarantine during this time.**

Please note that the Sofia 2 Antigen test does NOT meet the MA DPH clearance qualification for travel from a high-risk state (see www.mass.gov/info-details/covid-19-travel-order for details).

With either a positive or negative result, please contact your PCP asap to review your case.

ALL PATIENTS WITH ANY CONCERNS FOR COVID-19 INFECTION OR EXPOSURE (from the Prescriber's Letter)**:**

- follow isolation procures (e.g., stay home, separate themselves from others). (See next page for how long to continue isolation procedure.)
- wear a cloth face covering over their mouth and nose if around other people or pets.
- cover coughs or sneezes.
- clean hands frequently with soap and water or hand sanitizer.
- avoid sharing personal household items (e.g., dishes, cups, eating utensils, towels, bedding).
- clean and disinfect "high-touch" surfaces DAILY (e.g., phone, remote control, counters, doorknobs, toilets).

POSITIVE RESULTS (Indicating you <u>HAVE COVID-19</u> antigen in your nose):

- We recommend you CONTACT YOUR PCP ASAP to discuss symptoms, care instructions, and potential further testing (a PCR test is recommended to follow up positive Antigen test results – your PCP would arrange this)
- Monitor for any symptoms and seek urgent medical attention for severe symptoms such as fever/shortness of breath/chest pain.
- Strictly quarantine, isolate within your home, continue aggressive use of masks & handwashing, and notify any close contacts over the past week of your positive result

From The Prescriber's Letter:

For patients with a positive test for acute infection and **who experienced COVID-19 symptoms**, isolation procedures can be stopped after:

- no fever for at least 24 hours (without using any medicine to reduce fever) AND
- improved symptoms (e.g., cough, shortness of breath) AND
- at least ten days have passed since onset of symptoms

For patients with a positive test for acute infection **who did NOT experience any COVID-19 symptoms prior to testing**, isolation procedures can be stopped after:[13]

- ten days have passed since the positive test AND
- WITHOUT any COVID-19 symptoms since the test was performed

NEGATIVE RESULTS (Indicating you <u>MOST LIKELY do not have COVID-19 </u>antigen in your nose)

- Please contact your PCP ASAP to review your case
- A negative result is reassuring, but may not be 100% accurate.
- If you were tested too early, you may still develop COVID-19.
- Being tested now does NOT prevent you from catching COVID-19 in the future, nor does it indicate a lower-risk of future infection
- If you had a significant exposure* to a person with COVID-19 (*contact of less than 6 feet, for more than 15 minutes), we recommend you still quarantine for 14 days from the time of exposure, despite a negative test.
- Monitor for development of any symptoms, and seek urgent medical attention for any severe symptoms, such as fever, shortness of breath, or chest pain.
- Maintain social distancing, use of masks when around people, and aggressive handwashing

Please stay healthy! If we all work together, we will get through this pandemic!