

01/19/2021

To: Josephine Del Carmen
DOB: 12/30/1962

The result of your COVID-19 Nasal RT-PCR test that was administered on 01/15/2021 is Negative.

Your Public Health Department has been notified of this result as required by law.

If you feel well and do not have a fever or cough, you may go about your normal activity abiding by your state and local health department recommendation in regards to 'Stay at Home' or 'Shelter in Place' orders.

Regardless of your result, it is still important for you to take the following actions for care at home:

- Wash hands thoroughly and frequently with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol based hand sanitizer that contains at least 60% alcohol. Avoid touching eyes, nose, and mouth with unwashed hands.
- To cough or sneeze, cover mouth and nose with a tissue and immediately dispose of it. If no tissue is available, cough/sneeze into the inside of elbow, not hands. Wash hands thoroughly with soap and water immediately following.
- Avoid sharing eating utensils, towels, linens, clothes or other items. Wash items thoroughly with soap and water.
- Practice physical distancing. This includes avoiding crowded public places where close contact with others may occur. Maintain distance of 6 feet (2 meters) from others, when possible. Avoid contact with people who are sick.
- Use cloth face coverings when you are:
 - Inside of, or in line to enter, any indoor public place
 - Using public transportation, a taxi, private car service, or ride-sharing vehicle
 - Outside and unable to physical distance 6 feet (2 meters) away from others
- Use household detergent and water to clean frequently touched surfaces such as tabletops, light switches, handles, phones, keyboards, toilets, faucets, and doorknobs. Dirty surfaces should be cleaned, then disinfected using common household disinfectant.
- Open windows and use a fan (if possible) in shared spaces for good airflow.
- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Take your temperature if symptoms develop. Follow CDC guidance if symptoms develop.

If you were recently exposed to someone with COVID-19, you should still stay at home and self-quarantine (separate yourself from others) for 14 days, starting from the most recent day that you were possibly exposed to COVID-19. You should continue to monitor for symptoms for up to 14 days after your last possible exposure. If you have additional questions please contact your primary provider. It has been our great privilege in assisting you in your healthcare.

