



901 SUNRISE HWY | COPIAGUE, NY 11726-1300  
p: (631) 230-5772 | summitmedicalgroup.com

Date: 11/26/2021

Dear Zexing LI,

The following is a summary of your visit today. If you have any questions, please contact our office.

Sincerely,

Electronically Signed by: REBECCA MOERS PA, PASUP



## Patient Care Summary for Zexing LI

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### Most Recent Encounter

11/25/2021 Rebecca Moers: 901 Sunrise Hwy, Copiague, NY 11726-1300, Ph. tel:+1-631-2305772

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### Reason for Visit

„Urgent Care\*“, „RAPID - COVID testing - (POC swab)

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### Assessment and Plan

The following list includes any diagnoses that were discussed at your visit.

1. Exposure to SARS-CoV-2
    - A healthy lifestyle: care instructions
    - rapid SARS CoV 2 Ag, QL IA, respiratory specimen
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2. Bronchitis
  - prednisone 50 mg tablet
  - Ventolin HFA 90 mcg/actuation aerosol inhaler
  - benzonatate 200 mg capsule

Discussion Note: None recorded.

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## Plan of Care

### Patient Instructions

Thank you for visiting CityMD. There are two ways to view your lab results: :

1. The My Summit Health app is available to all patients 18 and older in the App Store and Google Play. First-time app users will need to create an account; please note you'll need to select a login and password for the app versus just using your patient portal login credentials. Your lab results will be posted to the My Summit Health app as soon as they're available.

2. Via email , as soon as lab results are available. If you don't receive an email within the estimated time frame, give our Aftercare team a call at 855-624-8963.

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Test Name: SARS-CoV-2 rapid ag (COVID-19);

Result: **NEGATIVE** Your test today for COVID-19 infection was **NEGATIVE**. The next steps in your care depend on your situation and the reason the test was performed:

1.) If you are **ASYMPTOMATIC** with **NO KNOWN EXPOSURE** : You are cleared to go back to work or school since you have no symptoms suggestive of COVID-19, have not had a high risk exposure to a person known to have COVID-19, and your Rapid Covid Test result is negative.

2.) If you have **CONCERNING SYMPTOMS** of a possible COVID-19 infection **AND / OR** a confirmatory test was sent: Your medical provider may have sent a second test to an outside lab to confirm that today's test was truly negative. The results of this second test (PCR technique) will be published to your CityMD patient portal (portal.citymd.com) as soon as they are available (5-7 days on average). For now, we ask that you go home under strict **QUARANTINE**, monitor for any worsening symptoms and return for re-evaluation if your symptoms become severe.

3.) If you had a **HIGH RISK EXPOSURE** to COVID-19: If you were in close contact for more than 10 minutes (cumulative over 24 hours) to someone with confirmed COVID-19, you should **QUARANTINE** yourself for 10 days from the time of the exposure, regardless of the results of today's test. (If you have received the 2nd dose of the COVID-19 **VACCINE** more than 14 days ago (and within the past 90 days) you do **NOT** need to quarantine after this recent high-risk exposure (provided you remain asymptomatic).

**MONITOR YOUR SYMPTOMS** : If at any point your symptoms become worse or severe such as fever that will not improve with medicine, shortness of breath, chest pain or discomfort, abdominal pain, inability to tolerate eating and drinking, please return to CityMD or go to the closest Emergency Room.

**QUARANTINE INFO** : If you were asked to quarantine yourself, please stay in your own part of the house away from everyone else, using your own bedroom and bathroom, if possible. If you need to be in a common area ensure that both you and anyone else around you is wearing a mask.

Please continue to follow all personal safety practices when outside the home, including (a) wearing a nose and mouth covering at all times when around people outside of your household, (b) social distancing, (c) hand hygiene, and (d) avoidance of contact with people with known or possible COVID-19.

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### Bronchitis

Bronchitis is inflammation of the bronchial tubes, which carry air to the lungs. The tubes swell and produce mucus, or phlegm. The mucus and inflamed bronchial tubes make you cough. You may have trouble breathing.

Most cases of bronchitis are caused by viruses like those that cause colds. Antibiotics usually do not help and they may be harmful.

Bronchitis usually develops rapidly and lasts about 2 to 3 weeks in otherwise healthy people.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

Take all medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine. Get some extra rest.

Take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve) to reduce fever and relieve body aches. Read and follow all instructions on the label.

Do not take two or more pain medicines at the same time unless the doctor told you to. Many pain medicines have acetaminophen, which is Tylenol. Too much acetaminophen (Tylenol) can be harmful.

Take an over-the-counter cough medicine that contains dextromethorphan to help quiet a dry, hacking cough so that you can sleep. Avoid cough medicines that have more than one active ingredient. Read and follow all instructions on the label.

Breathe moist air from a humidifier, hot shower, or sink filled with hot water. The heat and moisture will thin mucus so you can cough it out.

Do not smoke. Smoking can make bronchitis worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

When should you call for help?

Call 911 anytime you think you may need emergency care. For example, call if:

You have severe trouble breathing.  
 Call your doctor now or seek immediate medical care if:  
 You have new or worse trouble breathing.  
 You cough up dark brown or bloody mucus (sputum).  
 You have a new or higher fever.  
 You have a new rash.  
 Watch closely for changes in your health, and be sure to contact your doctor if:  
 You cough more deeply or more often, especially if you notice more mucus or a change in the color of your mucus.  
 You are not getting better as expected.

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Return for a follow-up in 2 days.

Reminders			Provider
Appointments	None recorded.		
Lab	Rapid SARS CoV 2 Ag, QL IA, Respiratory Specimen	11/25/2021	Cmdny_ Copiague
Referral	None recorded.		
Procedures	None recorded.		
Surgeries	None recorded.		
Imaging	None recorded.		

## Current Medications

Your medical record indicates you are on the following medicine. If this list is not consistent with the medications you are currently taking, or if you are taking additional over-the-counter medicines, please inform your provider.

Name	Prescribed Date	Start Date
benzonatate 200 mg capsule Take 1 capsule 3 times a day by oral route as needed for 7 days.	11/25/2021	
prednisone 50 mg tablet Take 1 tablet every day by oral route for 5 days.	11/25/2021	
Ventolin HFA 90 mcg/actuation aerosol inhaler Inhale 2 puffs every 4 hours by inhalation route.	11/25/2021	

## Medications Administered

None recorded.

## Vitals

Height	Weight	BMI	Blood Pressure	Pulse	O2 Saturation	Temperature	Respiration Rate	Body Surface Area
5 ft 10 in	190 lbs	27.3 kg/m2	122/81 mm[Hg]	86 bpm	97%	98.2 F°	16	2.06

## Results

### Lab Results

Date	Name	Specimen	Result	Interpretation	Description	Value	Range	Status	Address
11/25/2021	Rapid SARS CoV 2 Ag, QL IA, Respiratory Specimen				Rapid COVID-19 Antigen (Internal Control Positive)	Negative			Cmdny_ Copiague: 901 Sunrise Hwy, Copiague

## Allergies

Please review your allergy list for accuracy. Contact your provider if this list needs to be updated.

Code	Code System	Name	Reaction	Severity	Onset
NKDA					

## Problems

No Known Problems

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## Procedures

None recorded.

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## Vaccine List

Here is a copy of your most up-to-date vaccination list.

None recorded.

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## Tobacco Smoking Status

Tobacco Smoking Status

Never Smoker

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## Past Encounters

11/25/2021

Exposure to SARS-CoV-2; Bronchitis

Rebecca Moers, PA: 901 Sunrise Hwy, Copiague, NY 11726-1300, Ph. (631) 230-5772

## Demographics

Sex:	Male	Ethnicity:	Not Hispanic or Latino
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DOB:	12/04/1996	Race:	Asian
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Preferred language:	English	Marital status:	Never Married
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Contact:	342 53rd St, Brooklyn, NY 11220, Ph. tel:+1-608-3731617
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Note: Patients are solely responsible for maintaining the privacy and security of all information printed from the Patient Portal.

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