

# Thank you for getting tested

Your results will be reported to you on the SPH Patient Portal, accessed via the email address you provided. Results can take up to 5 days.

## What to do while waiting for your results

If you are being tested because of symptoms or a close contact:

- Stay at home until your test results are back (except to get medical care). **Avoid all public places and transportation.**
- Keep at least 6 feet from people and animals, including those in your household.
- Avoid sharing personal household items, wash your hands and high touch surfaces regularly.
- Inform your work (or your child's school) that you are awaiting results.

If you are being tested for screening purposes, continue to wear a mask, wash your hands and stay 6 feet apart from others.

## If your test result is positive

Most people do well, but it is important to take care of your health and protect those around you.

- Stay at home and avoid all public places and transportation until cleared by public health from isolation (except to get medical care).
- Keep at least 6 feet from people and animals, including those in your household.
- Avoid sharing personal household items (including the restroom), wash your hands and high touch surfaces regularly.
- Inform your work (or your child's school) that you are positive.
- Wear a face covering if your symptoms allow, even in the house when not in a separate bedroom.
- Designate one household member to bring you food and other necessities.
- If you need non-medical help (e.g., groceries or other support) call 2-1-1 or 1-800-478-2221.
- Notify your **close contacts that they need to quarantine** for 10 days without testing, or for 7 days if receiving a negative test result (testing must occur at least 6 days from the time you were last together.) **Close contacts** are anyone who was within 6 feet of you for a total of 15 minutes or more during the two days prior to when your symptoms started, or when you were tested, whichever is earlier - this is considered the "infectious period".



- Close contacts should remain in quarantine for either 10 days without testing, or for 7 days if they receive a negative test result at least 6 days from when you were last together. Refer close contacts to page 3 for complete instructions.

## When to end isolation

Your isolation period will end after 10 days have passed since symptoms first appeared (or date of specimen collection for people who were asymptomatic at the time of testing) and 24 hours have passed with no fever (without the use of fever-reducing medications) and other symptoms of COVID-19 are improving. Note: people who are severely ill with COVID-19 may require a longer isolation period.

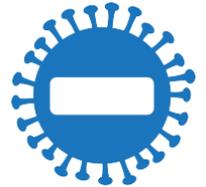


## Retesting previously positive people

- Retesting asymptomatic people is not routinely recommended within 3 months after the date of symptom onset of the initial COVID-19 infection.
- For people who develop new COVID-like symptoms within 3 months after a prior COVID-19 infection, retesting may be considered by a medical provider.

## If your test result is negative

This test shows your result at this moment in time. It offers no protection from future infection. Continue to take steps to protect yourself. You should not be around others until you are feeling better and fever free for at least 24 hours.



## Seek immediate medical care if you develop:

- Difficulty breathing
- Bluish, gray, or whitish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficulty waking up
- Slurred speech (new or worsening)
- Other symptoms that are concerning

Instructions for close contacts on a following page

# Keep track of your contacts

Contact tracing efforts may be delayed. The sooner people know about possible exposure, the quicker they can quarantine or isolate and get tested if needed. This will help prevent COVID-19 from spreading and help keep schools and businesses open. If you test positive, please notify your own close contacts. Using the chart below, write down the names and contact information for anyone with whom you spent 15 minutes or more within a 6-foot space in a 24 hr period.

Start this chart by filling in the date your symptoms started, or if you have not experienced any symptoms, please write in the date of your test. Then go back two days. This is the time frame that you would be infectious and should alert others of your results. Include all days until you were able to isolate from other people.

2 days before symptoms (or test date if no symptoms)	1 day before symptoms (or test date if no symptoms)	Date Symptoms Started (or test date if no symptoms)	Days after symptoms (or test date) until you were able to isolate from others
Date:	Date:	Date:	Dates:
Names/phone #/email:	Names/phone #/email:	Names/phone #/email:	Names/phone #/email:



**ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM**



**South  
Peninsula  
Hospital**

FOR MORE INFORMATION

[www.coronavirus.gov](http://www.coronavirus.gov) and [covid19.alaska.gov](http://covid19.alaska.gov)

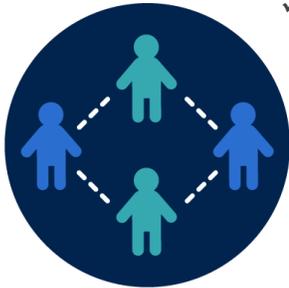
Contact your local health authority or emergency operations center.

If you have been tested but do not receive results after 5 days, please contact your testing facility.

# What to do if you are a close contact to someone with confirmed coronavirus disease (COVID-19)

You generally need to be in close contact with a sick person to get infected with the virus that causes COVID-19. Close contact includes:

- ✓ Living in the same household as a sick person with COVID-19, OR
- ✓ Caring for a sick person with COVID-19, OR
- ✓ Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing), OR



- ✓ Being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset until the time the patient is isolated. (Or if asymptomatic, 2 days prior to their test date).

If you are a close contact to a person with laboratory-confirmed COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others if you get sick.

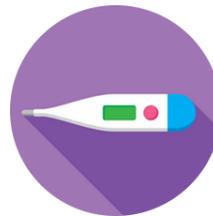
## What should I do if I am a close contact to someone with COVID-19 but am not sick?

### If you are not vaccinated:

- ✓ You must stay in quarantine. If you develop any symptoms you should test right away. There are two options for ending quarantine:
- ✓ If you do not develop symptoms you can end your quarantine 10 days after the last day of exposure.
- ✓ You may also test 6 days after your last day of exposure. If your test is negative and you do not have any symptoms you may end your quarantine on day 7. Quarantine means not going to work or school, and avoiding public places.
- ✓ You should monitor yourself for any symptoms, including cough, shortness of breath, or feeling feverish for 14 days after the last day you were in close contact with a person with COVID-19.

### If you are fully vaccinated:

- ✓ You should be tested 3 to 5 days after your last day of exposure, or earlier if you develop symptoms.
- ✓ You should monitor yourself for any symptoms, including cough, shortness of breath, or feeling feverish for 14 days after the last day you were in close contact with a person with COVID-19.
- ✓ You should wear a mask in public settings for 14 days after exposure or until after you receive a negative test result.



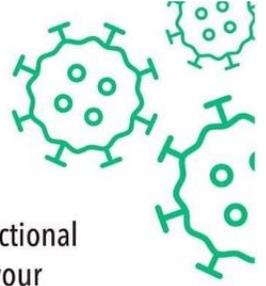
## What should I do if I am a close contact to someone with COVID-19 and get sick?

If you develop any new symptoms including fever, cough, or have trouble breathing:

- Seek medical care, but call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your symptoms and that you are a close contact to a person diagnosed with COVID-19. If available, put on a facemask before you arrive for medical care.
- Avoid contact with others.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them that you are a close contact to someone with COVID-19. If possible, put on a facemask before entering the facility.

# Feeling Sick or Exposed to COVID-19

## Now what?



This guidance applies to the general public. But if you live or work in a high-risk setting such as a correctional institution, health care facility, an assisted living facility, or a fish-processing plant, talk to someone at your facility for guidance.

	UNVACCINATED	VACCINATED*
<b>If you test positive for COVID-19</b>	<b>ISOLATE</b> Until cleared by public health (usually 10 days, but may vary depending on symptoms).	
<b>If you are exposed to COVID-19 and have NO symptoms</b>	<b>GET TESTED and QUARANTINE</b> Until cleared by public health (7-14 days) depending on testing and location.	<b>GET TESTED and MONITOR</b> Carefully for symptoms for 14 days. Wear a mask. Quarantine not required.
<b>If you are exposed to COVID-19 and have ANY symptoms</b>	<b>GET TESTED and ISOLATE</b> - If positive, keep isolating. - If negative, stay home while you have symptoms or until you are finished with QUARANTINE, whichever is longer. Talk to a health care provider and consider testing again.	<b>GET TESTED and ISOLATE</b> - If positive, keep isolating. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.
<b>If you have ANY symptoms of COVID-19 and no known exposure</b>	<b>GET TESTED and STAY HOME</b> - If positive, isolate for 10 days. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.	

\* A person is fully vaccinated if two weeks have passed since receiving the second dose of the Pfizer or Moderna vaccines or a single dose of the Johnson and Johnson vaccine.



**Call your health care provider if you test positive or have symptoms!**



# COVID-19 Test Results via the SPH Patient Portal

NOTE: *SPH Patient Portal* is NOT the same as the *HMC/Clinic Patient Portal*

Thank you for choosing South Peninsula Hospital to assist with your testing needs! You must visit the SPH online patient portal in order to get your test results. You can also download and print the test results on the portal for your records as soon as they're available. Please note:

It can take up to 4-5 days before your results are ready. Anyone with a **positive** test result will be called as soon as we know you are positive. If your test comes back negative, you will not receive a call and will need to check the online portal.

Within 24 hours of your visit today you should receive an email with a link to sign up for the portal. If you don't receive the email, check your spam folder, or call 235-0881.

If you've signed up for our patient portal in the past, you don't have to wait for an email – just visit <https://www.thrivepatientportal.com> and enter your username and password. If you forgot your password, click Forgot Password. You can also access the patient portal at [www.sphosp.org](http://www.sphosp.org) under the "For Patients" tab.

Test results are available via the online portal as soon as we have the results at the hospital.

If you don't see the results on the portal after 5 days, call the portal help line at 235-0881.

If you have any questions or concerns call the Patient Portal Helpline at 907-235-0881. The Helpline is staffed daily 9am-5pm. If forwarded to a voice message, **clearly** say your name, date of birth, email address, and call back number. Hospital staff will email you a registration link as soon as possible, and no later than the next business day, so keep checking your email!

## **Frequently Asked Questions**

### **Do I need special equipment?**

No. All you need is access to a computer and an internet connection.

### **Who should I contact if I need help logging on?**

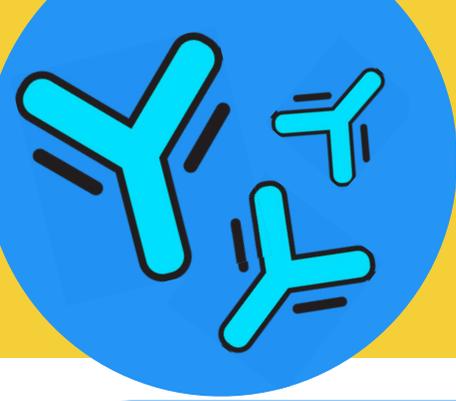
Call the Patient Portal Help Line 907-235-0881 to speak to staff or leave a voice message

### **What if it's been five days and there are still no results in my portal?**

Call the Patient Portal Help Line 907-235-0881 to speak to staff or leave a voice message

### **How do I access the Patient Portal once I have already registered?**

After you've registered, you can log in at: <https://www.thrivepatientportal.com>



# Did You Recently Test Positive for COVID-19?

You may be eligible for treatment.

## What are monoclonal antibody COVID-19 treatments?

Monoclonal antibodies are like your body's own antibodies as they help your immune system quickly destroy the COVID-19 virus before it harms you or causes hospitalization. Fortunately, the U.S. Food and Drug Administration has authorized monoclonal antibody treatment for emergency use for eligible patients.

If you test positive for COVID-19 or have symptoms, talk to a healthcare provider right away. Monoclonal antibody treatment must be given as soon as possible within 10 days of getting a symptom. These treatments are of little to no cost to you and are given through a one-time IV infusion.

## Who can receive monoclonal antibodies?

You may be eligible for monoclonal antibody treatment if you are 12 years or older and weigh more than 88 pounds, have had mild to moderate symptoms of COVID-19 in the last 10 days, have tested positive for COVID-19, and have one or more of the following high-risk factors:

- Any medical condition or other factor, including race or ethnicity, that puts you at higher risk of progression to severe COVID-19
- Age  $\geq$  65 years of age
- Obesity or being overweight
- Pregnancy
- Chronic kidney disease
- Diabetes
- Immunosuppressive disease or immunosuppressive treatment
- Cardiovascular disease or hypertension
- Chronic lung diseases
- Sickle cell disease
- Neurodevelopmental disorders
- Having a medical-related technological dependence (for example: tracheostomy, gastrostomy, or positive pressure ventilation not related to COVID-19)





## Learn about your treatment options.

Treatment must be given within 10 days of first COVID-19 symptoms. You may get a referral from a healthcare provider to receive treatment at a local infusion site.

If you do not have a healthcare provider, you may be able to locate an infusion center yourself using the phone numbers at the bottom of this page.

If you are fully vaccinated against COVID-19 but have tested positive for the virus and are considered high-risk, you may still be eligible for treatment. Talk with a healthcare provider to see if monoclonal antibody treatment is right for you.

You are **not** eligible for treatment if you:

- Are hospitalized due to COVID-19, OR
- Require oxygen therapy due to COVID-19, OR
- Require an increase in baseline oxygen flow rate due to COVID-19 for those on chronic oxygen therapy due to an underlying non-COVID-19 related health issue.

## How to Find Infusion Locations

You can find infusion locations in your area by:

- visiting the [HHS Protect Infusion Site Locator](#), the [National Infusion Center Association Locator](#), OR
- calling **1-877-332-6585** for English or **1-877-366-0310** for Spanish

If you **do not** have a local provider call:

Homer Medical Center (907) 235-8586  
Seldovia Village Tribe (907) 226-2228  
Kachemak Medical Group (907) 235-7000  
Ninilchik Clinic (907) 567-3970

Contact the infusion location(s) to learn their referral procedures and whether they are accepting new patients.



For more information, visit

[CombatCOVID.hhs.gov](https://www.combatcovid.hhs.gov)

English: 1-877-332-6585 • Spanish: 1-877-366-0310



COMBATCOVID

