

GET TESTED TO REDUCE THE SPREAD OF CORONAVIRUS (COVID-19)

YOUR RISK FOR COVID-19

Among those facing the highest risk for COVID-19 are individuals like you living in long-term care facilities. The virus for COVID-19 -- a highly contagious respiratory illness -- is transmitted typically in person-to-person contact. One person infected with the virus can infect two to three more people. That's why we believe testing of residents is so important.

NEW TESTING REGULATIONS ARE IN PLACE

Regulations are now in place to test staff at long-term care facilities weekly and to offer testing to residents monthly throughout Delaware.

PROTECT YOURSELF AND OTHERS

If someone in your facility has had COVID-19 and you either have minor symptoms or no symptoms at all, you should still consider getting tested.

THESE ARE THE SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of breath
- Sore throat
- Muscle fatigue
- Chills
- Shaking with chills
- Loss of smell or taste

- 1 Monitor your symptoms.
- 2 Ask staff to help with your needs.
- 3 Reach out for help or answers to your questions about COVID-19.

WHAT YOU CAN DO NOW

During COVID-19, visitors are restricted at your facility to help keep you safe and reduce the risk of someone bringing in and spreading the virus. In the meantime, we recommend that you:

Connect with loved ones via phone, email or any virtual means available to you.



Wear a face covering if you are allowed to leave your room.

Practice good hand hygiene or use hand sanitizer.



Cough or sneeze into your elbow.

Maintain social distancing with other residents or staff not immediately caring for your needs.



Ask questions of staff or relatives and tell them if you need anything.

File concerns or complaints with your facility administrator or with the State Long-Term Care Ombudsman at 1-800-223-9074.

Questions? Dial 2-1-1, e-mail DPHcall@delaware.gov or text your ZIP code to 898-211 for deaf and hard of hearing.

For more information, visit: de.gov/coronavirus

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TESTING IS THE BEST FORM OF EARLY DETECTION AND PREVENTION

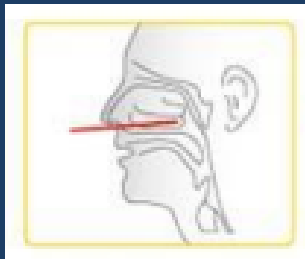
You are a high priority for COVID-19 testing. Testing is available at your long-term care facility through a partnership with the State of Delaware.

You and your doctor can **discuss whether a test is right for you** based on possible exposure and occurrence within your facility.

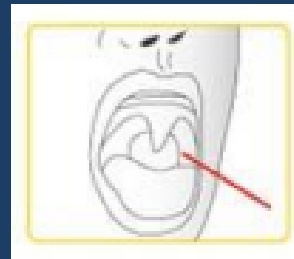
If it is determined to test, your doctor will write the order. Your provider may offer a viral test to detect presence of COVID-19 infection. The most typical viral tests for respiratory infections, such as COVID-19, are nasopharyngeal or oral pharyngeal swab tests.

The testing options at each facility may vary, so discuss with your provider which tests may be available to you.

A nasopharyngeal (NP) swab collects secretions from the back of the nose and throat.



An oropharyngeal (OP) swab collects secretions from the back of the mouth and throat.



Source: Association of Public Health Laboratories

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