

ER Discharge Instructions For Suspected COVID-19

To enroll for COVID-19 testing, go to [AustinTexas.gov/COVID19](https://austintexas.gov/COVID19) and click the take the self-assessment button. If you are approved for testing, you will select a date, time & location to be tested. Then follow these steps:

Before you get tested & while awaiting results:

- Stay home & isolate unless you're seeking medical care
- Separate yourself from people & animals in your home
- Stay in a specific room, away from other people
- Monitor your symptoms
- Clean all "high touch," areas often (counters, doorknobs, phones, toilets, etc)
- Don't share household items (cups, dishes, towels, bedding, etc)
- Practice hand hygiene often, either washing your hands (preferred) or with hand sanitizer

If your symptoms worsen:

- Call 911 or go directly to the emergency room if you experience chest pain, difficulty breathing, confusion, fever that doesn't respond to medication.
- Contact your healthcare provider if you experience worsening of current symptoms or develop new symptoms including cough, fever, runny nose, headache, loss of smell or taste, diarrhea, sore throat.

If you test positive for COVID-19:

- You will be contacted by Austin Public Health, and interviewed to start the contact tracing process
- Completely isolate yourself from others for 14 days, or until your symptoms have been gone for 72 hours
- Monitor your symptoms, and follow the guidance above
- If you must seek emergency care, tell the 911 dispatcher or the hospital that you are COVID-19 positive

If you test negative for COVID-19

Great! Continue to monitor your symptoms and contact your healthcare provider as needed.