Coronavirus (COVID-19)

I am not being tested, now what?

Thank you for trusting UPMC with your care. We are working very hard to safely provide the highest quality of care to our patients and community through this difficult time.

What is Coronavirus disease (COVID-19)?

The Coronavirus disease (COVID-19) is caused by a virus known as the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It can cause fever, cough, and trouble breathing, like the common cold or influenza. In severe cases, COVID-19 patients can develop pneumonia, an infection involving the lungs.

Why am I not being tested?

Your care provider carefully reviewed both your symptoms and your specific risk for having come in contact with the COVID-19 virus. **Using the latest direction from the Centers for Disease Control (CDC)** and **after talking to the experts** at the UPMC Pinnacle Infection Prevention Program, your current medical condition *does not* meet the testing guidelines for COVID-19. Testing will not be offered to you today.

What do I do now?

Return home and continue with the usual care when you are sick. **If your symptoms do not get better, or they get worse, call your Primary Care Doctor. If you do not have a Primary Care Doctor, you can call the UPMC Pinnacle Nurse Advice team at 1-866-9-NURSE1 (1-866-968-7731) or 717-988-0074.**

Call 911 anytime you think you may need emergency care. For example, call if:
- You passed out (lost consciousness).
- You have severe trouble breathing.
- You have sudden chest pain and shortness of breath, or you cough up blood.

What should I do about my symptoms?

There is no medicine to treat the virus. Continue to take your usual medicines and any others that your doctor ordered for you while you are not feeling well. Treat symptoms such as a fever or cough as your doctor recommends.

Specific recommendations:
- Take acetaminophen (Tylenol, others) or ibuprofen (Advil, others) to reduce fever and aches.
- Drink plenty of fluids, such as water, sports drinks, or soups
- Get plenty of rest

What can I do to keep my family healthy?
- Cover your mouth with a tissue when you cough or sneeze. Then throw the tissue in the trash.
- Wash your hands often.
- Use a disinfectant to clean things that you touch often.
- Stay home if you are sick!

Where can I get the latest information?

These websites contain the most up-to-date information.
- **U.S. Centers for Disease Control and Prevention (CDC)**: www.cdc.gov
- **World Health Organization (WHO)**: WHO www.who.int