



Thank you for choosing StarMed Family & Urgent Care for your healthcare needs. We understand it is very stressful during these times and we want you to know we are here for you. Please read the following very carefully.

You were seen today by our telemedicine provider who arranged for you to be tested in our clinic with the COVID-19 PCR Nasopharyngeal swab. These results may take 3-7 days to return depending on the volume at Quest Diagnostic Labs. This is an FDA approved test that lets you know if you currently have COVID-19 infection.

Discharge Summary Instructions:

For patients who are symptomatic: If you have any symptoms at all that are concerning for COVID-19, you must self-quarantine at home for at least 10 days since your first symptoms or 3 days after you have had a fever. A fever is a temperature greater than 100.3 You may not go to work or any public areas at all. We will provide you with a work note. This means NO contact at all with anyone as you may spread this to them. Limit your contact at home with family by staying in a separate room and using a separate bathroom. DO NOT share any foods, drinks or be within 6 feet of others. Your results are sent to the local health department who may contact you.

For patients who are asymptomatic: While the exact number is unknown, approximately 15-20% of people with no symptoms are still infected with this virus. This means YOU CAN infect others without even knowing it. If you have no symptoms at all that are concerning for COVID-19, you must still follow all current social distancing guidelines as well as any stay at home orders. Limit your contact by staying 6 feet of others, wearing a face mask, eyewear and limiting exposure in places for a long period of time. Going outside or gathering in large groups will put you at risk of infecting yourself or others.

Return Precautions:

If you begin having shortness of breath, difficulty breathing, high fevers or feel your symptoms are worsening at all you need to be seen by StarMed, your primary care provider, or the Emergency Department immediately.

Thank you and please stay safe,

Dr. Arin Piramzadian D.O.