Testing Information: COVID-19

At this time, all coronavirus testing in the state of Iowa is conducted by the Iowa Department of Public Health (IDPH). Your test samples will be submitted to the IDPH for evaluation. It may take 72 hours before results are available. While waiting for results, we encourage patients to follow these guidelines:

- **Stay home** except to receive medical care
- **Separate yourself from other people** and pets within your home
- **Wear** a facemask when around other people
- **Cover** your coughs and sneezes
- **Clean** your hands
- **Avoid sharing** personal household items
- **Monitor your symptoms**, seek prompt medical attention if your illness is worsening
- **Call ahead** before visiting your doctor

**If you test negative**, we encourage patients to continue to practice the following everyday preventative actions suggested by the IDPH:

- **Cover your mouth and nose** when you cough and sneeze
- **Avoid contact** with others who are sick
- **Frequent hand washing** for a minimum of 20 seconds
- **Avoid touching** your eyes, nose and mouth with unwashed hands
- **Clean and disinfect** frequently touched surfaces
- **Stay home** when you are sick

You will be contacted by a physician or a member of the care team with your results, and will receive further care instructions. There is no antiviral treatment recommended for COVID-19. People with COVID-19 may receive supportive care to help relieve symptoms. If your symptoms change or worsen, please call your physician or contact your closest urgent care clinic.

For more information please visit: [https://idph.iowa.gov/Portals/1/userfiles/7/Just%20in%20time%20guidance%20for%20HCP%20testing%20patients%20nf.pdf](https://idph.iowa.gov/Portals/1/userfiles/7/Just%20in%20time%20guidance%20for%20HCP%20testing%20patients%20nf.pdf)