

COVID-19 testing and follow-up care

Dear patient,

You have just taken a COVID-19 screening test at the Clinique de Carouge. Please save these instructions for future reference.

You will receive the results within the next 48 hours by SMS. If you have not received an SMS within 48 hours contact us, preferably on info.covid19@reseau-delta.ch or by phone on 022 309 45 31.

Whether you got tested because you have symptoms or because the cantonal authority has asked you to get tested, you must remain in isolation in your home while waiting for the results. If you have symptoms, you need to stay home for as long as they persist, even if the test is negative. Once you are without any symptoms, you will be required to stay at home for yet another 24 hrs.

**STAY AT HOME AS LONG AS YOU HAVE SYMPTOMS, EVEN IF YOUR
COVID-19 TEST IS NEGATIVE**

If you test positive:

You must stay at home for 10 days even if symptoms are no longer present. If symptoms persist (except in the event of loss of taste and / or smell and no other associated symptoms), you should remain at home – once they are completely gone you need to stay at home for an additional 48 hours. The Cantonal doctor's service will call you to give you additional information.

In the event your condition worsens, if your symptoms become more serious, you must contact your doctor. If you do not have a primary care doctor or he/she is not available, contact us on info.covid19@reseau-delta.ch or by phone on 022 309.45 31.

We can provide medical follow-up at home through our telemedicine unit.

Should you develop serious symptoms it is crucial that you:

call your attending physician. In case of your doctor's absence, you can call our hotline on 022 309 45 31 from Monday to Friday from 10 a.m. to 6 p.m.

For any emergencies, you can go to one of our centers:

Onex Clinic and Permanence, Rte de Chancy 98, Onex (7-23h) 022 709 00 01

Carouge clinic, Av du Cardinal Mermilliod 1, Carouge (7 am-11pm) 022 309 45 45

or to the emergency center closest to you.

FOR LIFE THREATENING EMERGENCIES CALL THE 144

MEMO quarantine

Everyone living in your household including children, should be quarantined for 10 days from the onset of your symptoms.

The cantonal doctor will send you an SMS with a form where you will need to list all the contacts you have had within 48 hours BEFORE the onset of your symptoms; please fill this out. In this SMS, the cantonal doctor will also give you the option to receive a call from them, according to your need.

Your family members will only have access to a COVID test if they have symptoms. A negative test does not free them of the quarantine under any circumstances. If these family members are asymptomatic by day 11, they can return to their work / activities

In your case, if on the 11th day you have had no symptoms (other than loss of taste or smell) for more than 48 hours, you are also released from quarantine. However, if you still have symptoms on the 10th day, you must remain in isolation and you are asked not to

leave the quarantine until you have remained healthy for 48 hrs at home (without any symptoms and without taking any medication).

WARNING SIGNS FOR WHICH YOU SHOULD IMMEDIATELY CONSULT

- Difficulty breathing with shortness of breath, difficulty finishing sentences, increase in breathing rate
- Chest pain with a sensation of chest-pressure
- Bloody sputum (hemoptysis)
- Fever above 38.5°C , which does not decrease despite taking Paracetamol (MAX 3g per day for a maximum of 5 days in a row).
- Very strong and uncontrollable chills
- If you are pregnant, contact your obstetrician who may want to see you more frequently.
- If you have a history of respiratory diseases (asthma, COPD) do not stop your treatment. If your condition worsens, contact your doctor or pneumologist.
- Avoid taking anti-inflammatory drugs such as Ibuprofen for example, take paracetamol instead. If you need to take these medications on a regular basis due to a pre-existing condition, contact your doctor.
- If you are on cortisone treatment, continue your usual treatment and contact your doctor.
- If your condition worsens rather than improves, contact your doctor.

IF YOU TAKE PARACETAMOL, BE AWARE THAT COMBINATION DRUGS LIKE NEOCITRON AND PRETUVAL ALSO CONTAIN IT- OVERDOSE POSSIBLE!

If you have any questions, please do not hesitate to contact us:

info.covid19@reseau-delta.ch or by phone at 022 309 45 31 or the cantonal Hotline 0800 909 400, 7/7 from 10h to 22h

On our website www.cliniquedecarouge.ch you will find all the recommendations, measures to take and warning signs in French/English/ Spanish

COVID-19 screening and follow-up care team