

Western Missouri Medical Center is committed to providing our community with the latest information related to COVID-19. Part of that commitment includes our healthcare professionals providing you with the appropriate information when you have been exposed to COVID-19 and have questions related to exposure, testing, and our suggested guidelines of what to do next. All information on this flyer has been created in coordination with information published by the Center for Disease Control & Prevention (CDC). Due to the fact that the CDC does change their guidelines periodically, please check the CDC website regularly for updates.

Exposure

- What is exposure?
 - People who have been in close contact (within six feet of someone who has COVID-19 for a period of 15 minutes or more) with someone who has COVID-19.
 - Close contact can also include providing care at home to someone who is sick with COVID-19
 - Direct physical contact with the person (hugged or kissed them)
 - Sharing eating or drinking utensils
 - Sneezed, coughed, or somehow got respiratory droplets on you
- If you have a known exposure to a positive COVID-19 person, CDC guidelines recommend the following:
 - Self-isolate immediately, staying home for fourteen (14) days after your last contact with the person who has COVID-19
 - Watch for fever (100.4F), cough, shortness of breath, or other symptoms of COVID-19
 - Contact your primary care provider's office, or Western Missouri Medical Center's COVID-19 Call Center at (660) 262-7580
- It is recommended that you should not be tested any earlier than five (5) days post your last known exposure to the positive person who has COVID-19, unless you develop symptoms

Testing

- You must have a provider order to be able to have COVID-19 test
- Symptomatic Patients needing to be tested:
 - If you are experiencing any symptoms related to COVID-19, such as fever, cough, shortness of breath, etc, please contact your primary care provider's office immediately for testing.
 - If you do not have a primary care provider, please contact our Express Care Clinic to speak with a provider. 660-262-7580, Option #2.
- Asymptomatic Patients needing to be tested:
 - If you do not develop any symptoms related to COVID-19 after having been exposed to a known positive case, please wait five (5) days post your last known exposure before being tested.

- If you have an established primary care provider, please contact their office and request that a COVID-19 order be placed in our system.
- If you do not have a primary care provider, please contact Western Missouri Medical Center's COVID-19 Call Center at 660-262-7580, Option #1 for further guidance on testing.
- After you have been tested for COVID-19, please allow 3-5 business days for results to come back. You will be notified once results are received.

Suggested Guidelines

- Maintain six (6) feet distance when it is available. Social distancing can help reduce the spread of COVID-19. In addition to wearing masks, avoid touching your face with unwashed hands, and frequently wash your hands with soap and water for at least twenty (20) seconds.
- Please wait five (5) full days post your last known exposure prior to being tested if you continue to be asymptomatic.
- Patients may have low levels of the virus in their bodies for up to three (3) months after diagnosis. This means that if the person who has recovered from COVID-19 is retested within three (3) months of initial infection, they may continue to have a positive test result, even though they are not spreading COVID-19.
 - For persons previously diagnosed with symptomatic COVID-19 who remain asymptomatic, the CDC does not recommend retesting within three (3) months after the date of symptom onset for the initial COVID-19 infection.
 - For persons who develop new symptoms consistent with COVID-19 during the three (3) months after the date of initial symptom onset, if an alternative etiology cannot be identified by a provider, the CDC recommends that the person may warrant retesting.
- For most persons with COVID-19, isolation and precautions can generally be discontinued ten (10) days after symptom onset and with resolution of fever for at least twenty-four (24) hours without the use of fever-reducing medications, and with improvement of symptoms.
- For persons who never develop symptoms, isolation and other precautions can be discontinued ten (10) days after the date of their first positive COVID-19 test.

...and More

- The Western Missouri Medical Center COVID-19 Call Center is open Monday – Friday, 8:00AM – 4:00PM and can help you answer any questions regarding COVID-19.
- Consult your primary care provider or the COVID-19 Call Center when you have:
 - Questions related to COVID-19
 - Concerns about exposure
- Western Missouri Medical Center is following the CDC's guidelines related to COVID-19. If you would like to review any of the information provided to us by the CDC, please visit www.cdc.gov/coronavirus/2019-ncov. WMMC also has information on our website related to COVID-19 which can be accessed at www.wmmc.com/covid-19/.

Important Information to Remember

COVID-19 Call Center Phone Number: (660) 262-7580
WMMC Phone Number: (660) 747-2500
Website for Latest Details on COVID-19: www.wmmc.com/covid-19/