TELESCOPE HEALTH

COVID-19 Rapid Test Results

You have tested NEGATIVE for the Coronavirus also known as COVID-19.

A negative rapid test result means the virus that causes COVID-19 was not detected. However, it is possible for this test to give a negative result that is incorrect (false negative) in some people with COVID-19. A negative rapid test does not completely rule out an active COVID-19 infection, especially if you have had an exposure or currently have symptoms. Telescope Health, along with the rapid test manufacturers, recommend following a negative rapid test with a PCR test to confirm.

You are still at risk for contracting this virus. Please seek out medical care if you develop new symptoms: fever and cough or shortness of breath. Continue to protect yourself and your family from exposure to the disease by:

Practicing social distancing:

If you are around other people, keep 6 feet between you when possible. Avoid hugs, handshakes, large gatherings and close quarters.

Why? The virus is thought to spread mainly from person-to-person. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the Coronavirus if the person coughing has the disease.

Cleaning your hands often:

Wash your hands frequently with soap and water for at least 20 seconds. Or use a hand sanitizer with at least 60% alcohol.

Clean your hands especially after you have been in a public place, or after blowing your nose, coughing or sneezing.

Why? Washing your hands with soap and water or using alcohol-based hand sanitizer kills viruses that may be on your hands.

Avoiding touching eyes, nose and mouth:

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.

Covering coughs and sneezes:

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

Why? Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

Cleaning and disinfecting "high-touch" surfaces:

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, first clean with detergent or soap and water, and then disinfect. Most common EPA-registered household disinfectants, diluted household bleach solutions, and alcohol solutions with at least 70% alcohol will work. See how to make a bleach solution by visiting: https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html