

# TESTING & GUIDANCE



## What to do if...

### I am well...

#### Practice social distancing

- Stay home as much as possible except to work, pick up essentials, or to receive medical care
- Maintain a 6 foot distance from others outside of your household

### I was exposed to a person with symptoms of COVID-19 or a confirmed case...

#### Self-Monitor/Self-Quarantine

- Monitor your temperature twice a day. If you develop a cough, fever and shortness of breath, call your health care provider immediately.
- Maintain a 6' distance from other household members and pets.
- Sleep in a separate bedroom. Stay in that bedroom as much as possible.
- If available, use a separate bathroom.
- Do not eat together and do not share utensils, dishes, etc.
- Wash hands frequently – this is for all household members. Use soap and water and wash for at least 20 seconds.
- Use tissue for coughing and dispose of promptly and then wash your hands.
- Discourage visitors. Clean and disinfect 'high touch' surfaces such as bathroom and kitchen countertops, door handles, faucets, remote controls, light switches, etc.
- Discourage visitors
- Unaffected household members who are well have no restrictions on their activity outside of the home.

### I am sick with symptoms of COVID-19 or have been confirmed and recovering at home...

#### Self-Isolation

- Stay in your designated room.
- All members of the household should follow the above guidelines for self-quarantine and should not go to school, work, etc.
- Masks should be used by both patient and household member when giving care in isolation.

## Testing:

Patients MUST be symptomatic and have an order from a Doctor in order to be tested.

Yale New Haven Health (Greenwich and Bridgeport Hospitals): After an order from a Doctor has been placed, patient will receive a call to schedule an appointment. Call 203-688-1700 OR 833-275-9644 (toll free) for more information.

Hartford Healthcare (St. Vincent's): Hartford Healthcare – 860-972-8100 OR 833-621-0600 (toll free)

For information on **drive-thru testing** in Darien, Greenwich, New Canaan, Stamford, Stratford and Westport. This information is subject to change and additional sites are being added.

[Click Here](#)

DOCs Medical Group: 203-870-1974  
525 Tunxis Hill Cutoff, Fairfield, CT

Approved hospital based sites in CT offering specimen collection and testing as of March 21, 2020:

1. Bridgeport Hospital
2. Bristol Hospital
3. Charlotte Hungerford Hospital (Torrington)
4. Danbury Hospital
5. Greenwich Hospital
6. Hartford Hospital
7. Johnson Memorial Hospital (Stafford Springs)
8. Lawrence Memorial Hospital (New London)
9. Manchester Memorial Hospital
10. Mid-State Medical Center (Meriden)
11. Stamford Hospital
12. Saint Francis Hospital (Hartford)
13. Saint Vincent's Hospital (Bridgeport)
14. Waterbury Hospital
15. Yale-New Haven Hospital
16. Saint Vincent's Hospital (Bridgeport)
17. Stamford Hospital
18. UConn John Dempsey Hospital (Farmington)
19. Waterbury Hospital
20. William H. Backus Hospital (Norwich)
21. Yale-New Haven Hospital