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CHEROKEE NATION®
 Health Services

COVID-19 Testing: Next Steps

Test results can take approximately **1-4 days**, but may be available the same day.

CNHS will only attempt to notify patients with POSITIVE test results by phone call or text message. **Please allow 24-48 hours after results are received for your notification.**

All test results are available on the CNHS Patient Portal as soon as they are received.

If you need a copy of your test results, you can print them from the Patient Portal or call your nearest CNHS Medical Records Department.

If you have Symptoms

Stay home, wear a mask and social distance from others (even family) until results are confirmed.

If you have NO symptoms & NO known exposure

Return to work/daily activities, follow strict precautions of wearing a face covering, frequent handwashing and maintaining social distancing of 6 feet until your results are confirmed.

After You Receive Your Test Results:

POSITIVE Results for General Public

- Regardless of vaccination status, stay home and isolate for a minimum of 5 days. After day 5, end isolation if fever resolves and symptoms improve. Continue to wear a mask for 10 days.
- If you have a fever, continue to stay home until your fever resolves.
- For questions regarding quarantine or isolation call 1-833-528-0063.

POSITIVE Results for Healthcare Workers

- Regardless of vaccination status, stay home and isolate for a minimum of 7 days. Retesting is required at day 7 before returning to work.
- For questions regarding quarantine or isolation call 1-833-528-0063.

Individuals who are moderately or severely immunocompromised or who have severe or critical symptoms may require a longer isolation period.

For NEGATIVE Results with Symptoms

- Negative results will not receive a notification by phone or text.
- If you are concerned that you may still have COVID-19, consider contacting your primary care provider to rule out other possible causes for your symptoms.

What to do if You Have a Been Exposed to Someone with COVID-19:

Close Contact Exposure - Within 6 feet for greater than 15 minutes without a face covering

Up to Date on Vaccinations - You received all recommended doses of a COVID-19 vaccine including booster(s) when eligible.

Not Up to Date on Vaccinations - You have not received all recommended doses of a COVID-19 vaccine; it has been more than 5 months since you received the second dose of an mRNA vaccine (Pfizer or Moderna) WITHOUT a booster, or it has been more than 2 months since you received the Janssen vaccine WITHOUT a booster.

General Public Not Up to Date

- Stay home and quarantine for 5 days even if you are not having symptoms.
- Strict masking around others for an additional 5 days after quarantine.
- Get tested on day 5 after exposure.
- If symptoms develop, get tested and stay home until a negative COVID-19 test confirms symptoms are not due to COVID-19. Continue wearing mask through day 10 when around others.

General Public Up to Date

- You do not need to stay home and quarantine unless you develop symptoms.
- Strict masking around others for 10 days after exposure.
- Get tested on day 5, 6 or 7 after exposure or when symptoms occur.
- If symptoms develop, get tested and stay home until a negative COVID-19 test confirms symptoms are not due to COVID-19. Continue wearing mask through day 10 when around others.

Healthcare Workers Not Up to Date

- Stay home and quarantine for 7 days even if you are not having symptoms.
- Strict masking around others for 10 days after exposure.
- Get tested immediately after exposure AND on day 5, 6 or 7 after exposure.
- If symptoms develop, get tested and stay home until a negative COVID-19 test confirms symptoms are not due to COVID-19. Continue wearing mask through day 10 when around others.

Healthcare Workers Up to Date

- You do not need to stay home and quarantine unless you develop symptoms.
- Strict masking around others for 10 days after exposure.
- Get tested on day 5, 6 or 7 after exposure or when symptoms occur.
- If symptoms develop, get tested and stay home until a negative COVID-19 test confirms symptoms are not due to COVID-19.

Symptoms of COVID-19:

People with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea


When to Seek Emergency Medical Attention:

Look for emergency warning signs of COVID-19 (trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake and/or pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone). If someone is showing any of these signs, seek emergency medical care immediately.

Once released from quarantine or isolation: Any member of the public, regardless of where they live, is encouraged to receive the **COVID-19 Vaccine**. Appointments and walk-ins are welcome at all health center locations from 8am-4pm.

For appointments, call 1-539-234-4099.

For questions related to COVID-19, please call 1-833-528-0063 or visit health.cherokee.org



Do you live with **SOMEONE WHO HAS COVID-19?**

You may be able to join a clinical trial testing a possible treatment to prevent illness after exposure to COVID-19.

What is the purpose of this trial?

Researchers will test a trial drug in people who live with someone who has COVID-19. They want to learn:

- ◆ How safe it is
- ◆ How well the drug works to prevent the spread of COVID-19

Who can join?

You may be able to join this trial if you are at least 18 years old and:

- ◆ Live with someone (adult or child) who has tested positive for COVID-19 within the past 3 days (which means they have it) AND had at least one symptom of COVID-19 within the past 5 days.

Other adult members of your household may also be able to join this trial. Consider asking them if they also want to join the trial.

The trial doctor or staff will tell you about other rules to qualify for this trial and the possible risks and benefits of participation.

What happens if I take part?

If you qualify, you will get the trial treatment (trial drug or placebo) and trial-related tests at no cost.

The total time you will take part in the trial is up to 35 days. You will have up to 7 visits at the site or virtually.

For more information please contact: CNHS Specialty Clinic – 918-718-5852

Scan the code to learn more and see if you qualify:



MOVE-AHEAD

MK4482-013_Patient Recruitment Flyer_V1_25JUN2021



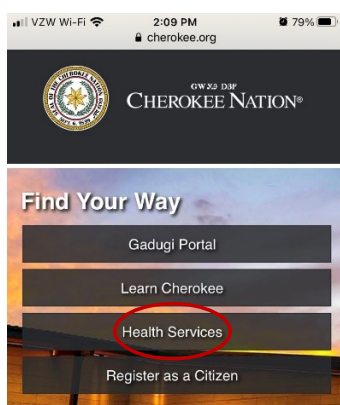


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Accessing the Patient Portal: Mobile Web Browser

First-Time Setup: Click on the the invitation link provided in the email sent from CNHS. Complete the registration process and set your password.

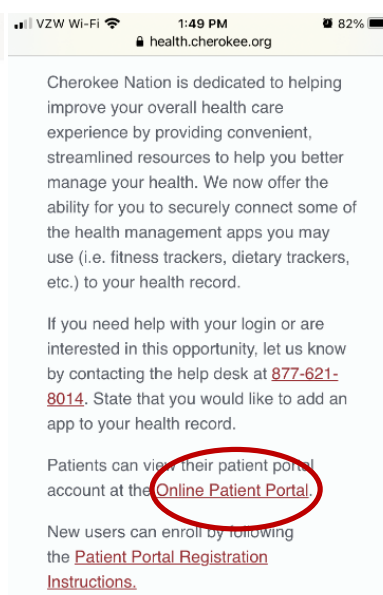
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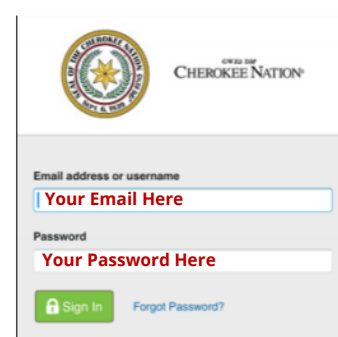
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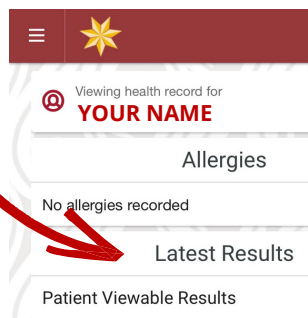


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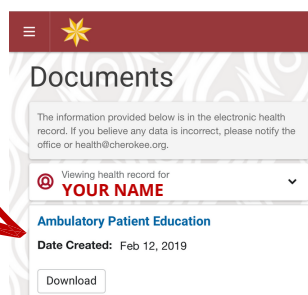


5 Scroll down to find the "Latest Results" section:

- If your test is negative, your results will display as NEG or NOT DETECTED.
- If your test is positive, your result will display as POS or DETECTED.



6 Documents such as "Return to Work Forms" can be found by clicking "Health Record" then "Documents"





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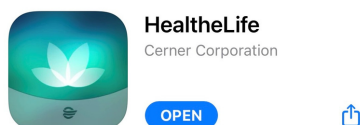
Accessing the Patient Portal: SmartPhone App

First-Time Setup: Click on the the invitation link provided in the email sent from CNHS. Complete the registration process and set your password.

These steps are the same for Apple and Android Devices:

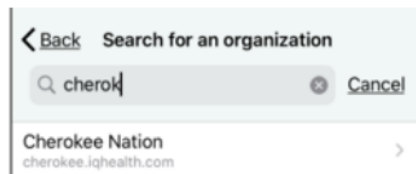
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Download HealtheLife App



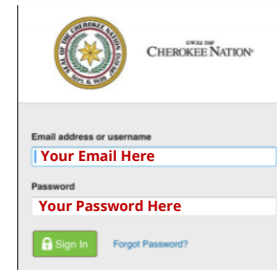
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Search Cherokee Nation



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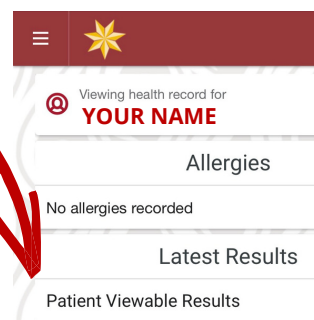
Login



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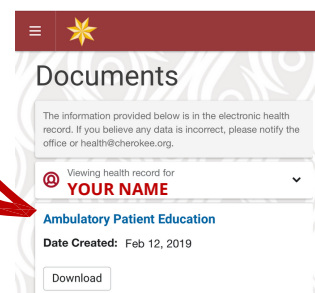
Test Results can be found in the "Latest Results" section:

- If your test is negative, your results will display as NEG or NOT DETECTED.
- If your test is positive, your result will display as POS or DETECTED.



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Documents such as "Return to Work Forms" can be found by clicking "Health Record" then "Documents"





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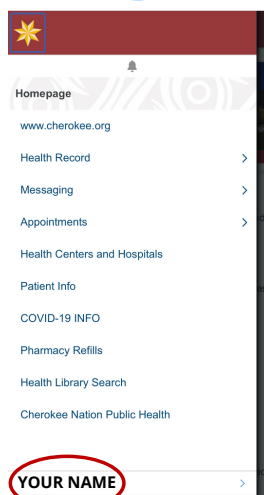
Patient Portal: Test Result Notifications

After accessing the Cherokee Nation Patient Portal, set up your portal notifications to receive your COVID-19 test results as soon as they are available. Notifications can be received in an email or text message.

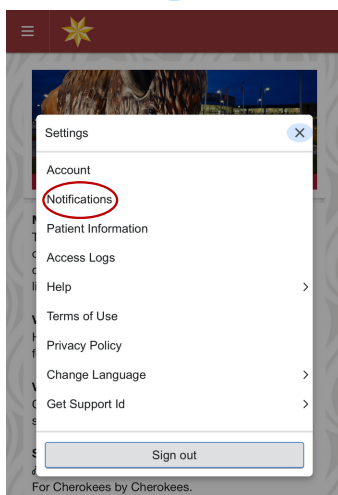
Using Web Browser on Your Phone

Login to the Patient Portal and follow the steps below:

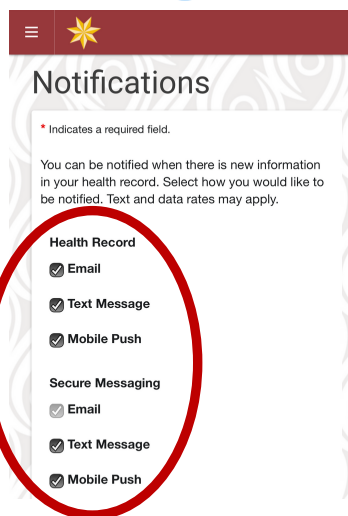
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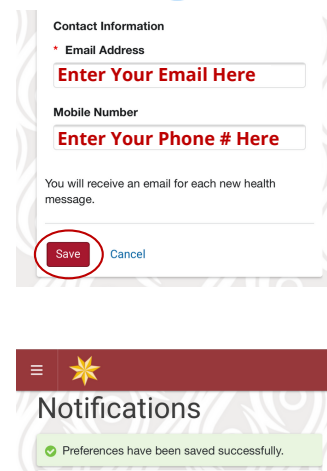
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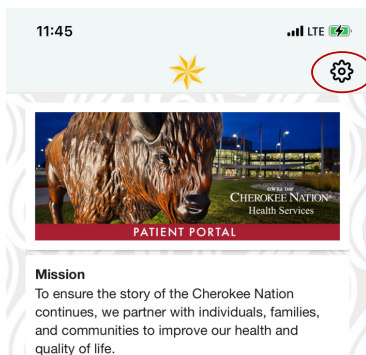
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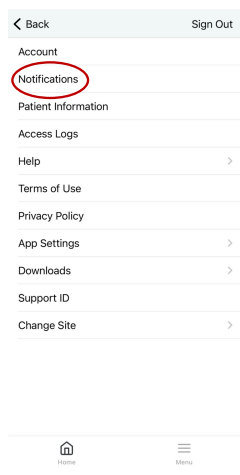
Using the HealthLife App

Login to the Patient Portal and follow the steps below:

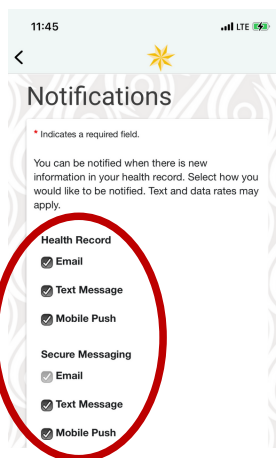
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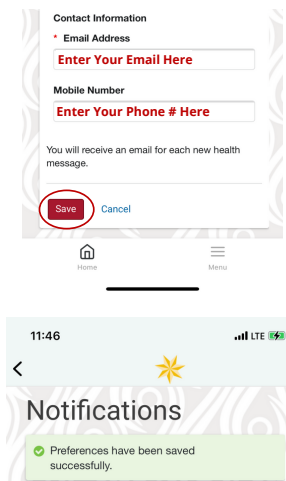
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10 THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME | COVID-19 |

If you have possible or confirmed COVID-19

- 1. Stay home** except to get medical care.



- 6. Cover your cough and sneezes** with a tissue or use the inside of your elbow.



- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



- 3. Get rest and stay hydrated.**



- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)