

Answers To Frequently Asked COVID-19 Questions

By Dr. George Garrow and Sara Rupp

As the global community continues its fight against COVID-19, those in the medical field are becoming stronger in their knowledge and treatment of the novel virus. However, there are still many questions and misconceptions. To better answer some of those questions, we enlisted the help of Primary Health Network's Chief Medical Officer, Dr. George Garrow.

When should I be tested?

According to the Centers for Disease Control and Prevention (CDC), those who should be considered for testing include:

- People who have symptoms of COVID-19
- People who have had close contact (within 6 feet for a total of 15 minutes or more) with someone with confirmed COVID-19
- People who have taken part in activities that put them at higher risk for COVID-19 because they cannot socially distance as needed, such as travel, attending large social or mass gatherings, or being in crowded indoor settings
- People who have been asked or referred to get testing by their healthcare provider or state health department

Not everyone needs to be tested. If you do get tested, you should self-quarantine/isolate at home, pending test results, and follow the advice of your healthcare provider or a public health professional.

I tested positive for COVID-19. What do I do?

Stay home: Stay home and away from others for at least 14 days.

Answer the call:

- Tell people you have been around recently to get tested and stay home. You might save a life.
- If you see a number you don't recognize, it may be the health department. Talk honestly; your responses will be private.
- Hang up if someone asks for your financial information or social security number.

Get connected:

- If you need help with non-medical needs, call the United Way of Southwestern PA at 2-1-1.
- Sign up for Allegheny Alerts at alleghenycounty.us/alerts to get the latest COVID-19 news from the Department of Health.

I have been around someone with COVID-19 and I might have it too. What do I do?

Stay home:

- Stay home for at least 14 days, and monitor symptoms for 14 days.
- Get tested. Continue to stay home even if you test negative.

What is the cost for a COVID-19 test?

Nationwide, COVID-19 tests are available at no cost. The only cost to the patient is for the initial evaluation. Our community is facing incredible hardship: increased unemployment and financial difficulties. Being a community health center, PHN accepts all patients, regardless of insurance status or ability to pay. We participate in most managed care plans, process most insurances and offer a sliding fee scale to eligible patients for discounted services.

Any other advice?

Stay focused and resilient! These are unprecedented and challenging times, but through these hardships, I have witnessed a newfound solidarity within our community. Please continue to wear your masks, wash your hands, avoid large crowds and stay connected to your healthcare provider. We express our heartfelt thanks to all of our healthcare workers, essential workers and first responders — thank you so much for everything you are doing to keep our community safe. ▼

Information: primary-health.net



Sara Rupp

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Dr. George Garrow

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