

# Guidelines for COVID-19 Testing

## Details For Player Household Members

### COVID-19 symptoms are currently defined as:

- One (1) of the following: NEW onset of cough or NEW onset of shortness of breath, OR
- Two (2) of the following: Fever of 100.4 or subjective fever, acute loss of smell or taste, new body aches or pains, sore throat, chills/rigors, fatigue, headache

### How Can I Get Tested For COVID-19?

If you think you and/or your dependents, ages 14 and older, may have COVID-19, please contact the **UC Health COVID-19 Test Scheduling Line to make an appointment. Call 513-584-4777** Monday through Friday any time between 8 a.m. and 5 p.m. to schedule a testing appointment. The Cincinnati Bengals will cover the cost for one diagnostic COVID-19 test for individual(s) who reside with an active team player in Cincinnati, provided each individual tested reviews the two (2) NFL/NFLPA education videos ([video 1](#); [video 2](#)) and materials required for players and club employees, AND the Club Physician (Bret Betz, MD), is provided the results of any such virus test (with no private health information (PHI) revealed beyond what is needed for player healthcare). Children (under the age of 14) can receive COVID-19 testing at Cincinnati Children's through a provider's order and by appointment only. Please contact Cincinnati Children's at 513-636-4200 for information.

### Where Will my COVID-19 Test Occur?

Your testing appointment will occur at the UC Health COVID-19 Testing Clinic in Cincinnati, Ohio, located in the West Medical Office Building at 3120 Burnet Ave., Suite 2020. Please view the map at the end of this document for parking and office location information.

### What is UC Health's Patient and Visitor Policy?

In accordance with the State of Ohio, UC Health facilities are safe, open and ready to care for you. Never delay your health needs. Enhanced safety and sanitation protocols are in place for your protection. Masks and screenings are required for everyone upon entry. If you do not have a mask, one will be provided to you. If possible, please come alone to your appointment. If necessary, you can bring one (1) person with you to your appointment.

### What Can I Expect If I'm Tested For COVID-19?

Test results are usually back within 24–48 hours and will be available for you to view on your private and secure My UC Health (MyChart) account. Once you make your appointment, you will be able to log in to your free and personal My UC Health (MyChart) account to access your secure online health resources. Visit [uchealth.com/myuchealth](https://uchealth.com/myuchealth) or

DOWNLOAD THE MYCHART APP



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### **What Can I Expect If I'm Tested For COVID-19?** (Continued)

If you are tested on Friday, Saturday or Sunday, you may not receive your results until the following Monday if they are negative. You will also receive a personal phone call from Jennifer Forrester, MD, associate chief medical officer at UC Health and associate professor in the Division of Infectious Diseases at University of Cincinnati College of Medicine, with your results. While you are waiting for your results, it is recommended you stay home and away from other people. Use a mask if in contact with others.

### **If Your Result Is Negative**

It's OK to be around others as long as you are free of a fever and your symptoms have improved. We suggest you wear a mask, keep a safe distance from others and wash your hands in public spaces to decrease your chance of other exposures.

### **If Your Results Are Positive**

Remain at home and away from other people for at least 10 days. Household tips:

- If you are in contact with others, wear a mask and wash your hands often.
- If possible, use a separate bedroom and bathroom and avoid sharing personal household items.
- Clean and disinfect all surfaces.
- Get rest and stay hydrated.

After 10 days, you can likely be around others, as long as you are feeling better and haven't had a fever in 24 hours—but check with your primary care provider first. If you would like to establish care with a UC Health primary care provider, please call 513-475-8001.

Per state law, health department representatives are required to call all patients who test positive for COVID-19. They will call you to ask about people you have been in contact with recently. This is called contact tracing. Please let your close contacts know of their exposure to COVID-19. Close contact is defined as a distance of less than 6 feet for at least 15 minutes.

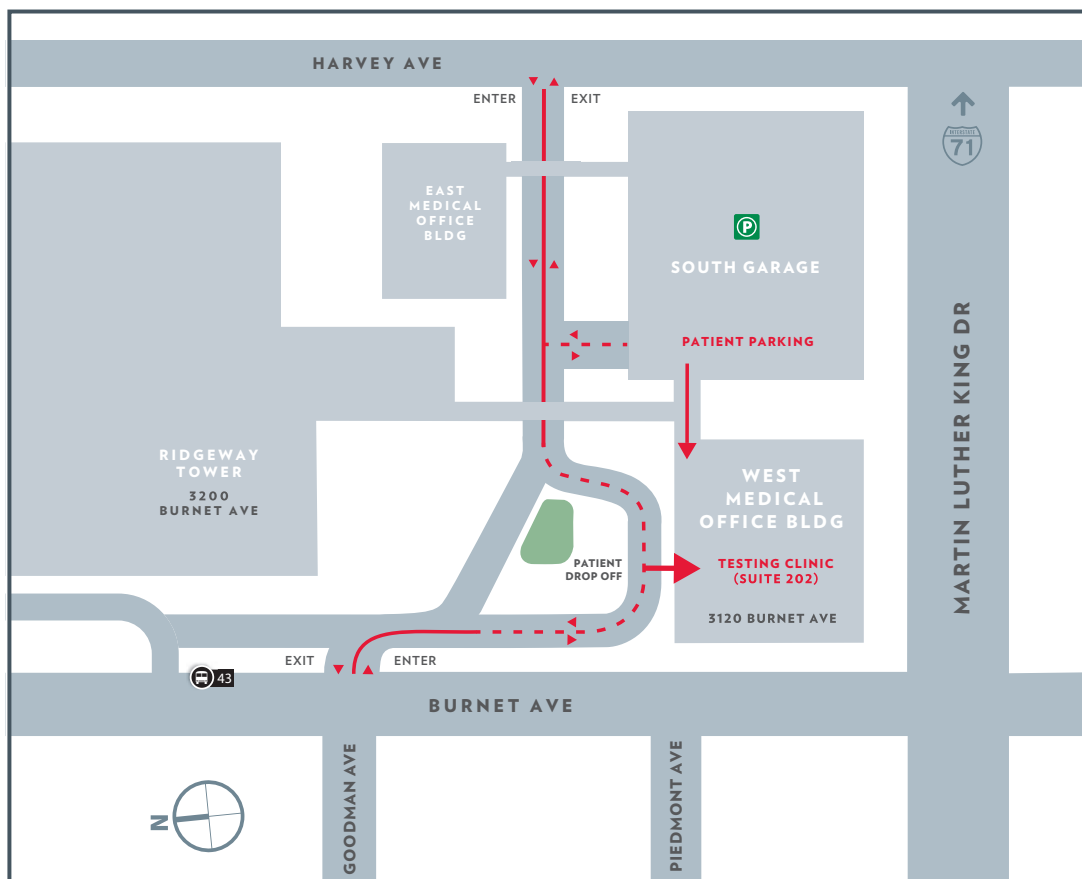
If your symptoms worsen, please call your primary care provider. If you experience any healthcare emergency or any of the following, please call 911 immediately.

- Difficulty breathing or shortness of breath.
- Persistent pain or pressure in the chest.
- New confusion or inability to arouse.
- Bluish lips or face.

If you have comments or concerns you would like to share with UC Health, please call 513-585-5554.

## COVID-19 TESTING CLINIC - CLIFTON

West Medical Office Building: 3120 Burnet Avenue, Suite 202. 513-475-8000



### FROM SOUTH GARAGE

Free parking is available in the garage. Testing clinic is located on the second floor of West Chester Office Bldg. From the garage, enter through level 100 and walk down the covered hallway to enter the West Medical Office Bldg. Follow signage to suite 202.

### FROM STREET LEVEL

Enter West Medical Bldg. through main doors. Take elevator or stairs to the second floor. Follow signage to suite 202.