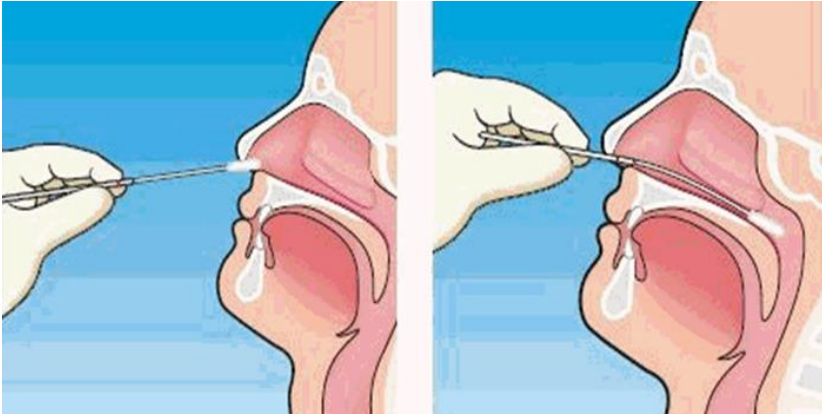


CONSENT FOR & DESCRIPTION OF COVID-19 TESTING

For initial diagnostic testing for COVID-19, CDC recommends collecting and testing an upper respiratory nasopharyngeal swab (NP). Diagnostic testing for COVID-19 may also occur by collecting and testing an oropharyngeal (OP) swab, nasal swab, or collecting and testing sputum (preferably) or saliva in a sterile cup.

Nasopharyngeal (NP) example:



Oropharyngeal (OP) example:



I give my consent for the Oklahoma State Department of Health (OSDH) and its entities/contractors to test me for Coronavirus Disease 2019 (COVID-19).

I also understand that the information regarding myself and the services I receive will be entered in the Oklahoma State Department of Health management information system and may be used for program evaluation and management.

Steps to help prevent the spread of COVID-19 if you are sick:

Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.

Avoid public areas: Do not go to work, school, or public areas.

Stay away from others: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Limit contact with pets & animals: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. See [COVID-19 and Animals](#) for more information.

Cover your coughs and sneezes

Cover: Cover your mouth and nose with a tissue when you cough or sneeze.

Dispose: Throw used tissues in a lined trash can.

Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Monitor Your Symptoms

Seek medical attention: Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).

Call your doctor: Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.

Wear a facemask when sick: Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Alert health department: Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.



Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID 19. If possible, put on a facemask before medical help arrives.

Discontinuing Home Isolation

Stay at home until instructed to leave: Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.

Talk to your healthcare provider: The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For additional information go to www.cdc.gov or <https://coronavirus.health.ok.gov/>

Test results will be sent to your local County Health Departments. If test results are positive, you will be contacted by a public health official to initiate an investigation.

My code word is: _____