



Information on COVID Testing, Definitions, Symptoms, and More

DCPP Testing Available for Member Patients Only

	Highland Park	Allison Park	Mt. Lebanon
Rapid tests in office	Not available	Limited number of in-office nasopharyngeal tests: \$20 per test.	
Home rapid tests for sale	At-home tests are currently sold out. Please contact Denise to be added to the waitlist for our next order at staffhp@directcarepgh.com	Limited number of at-home tests as of 1/5/22: \$15 per test, max of 5 per family.	Limited number of at-home tests as of 1/6/22: \$15 per test, max of 5 per family.
PCR	Available by appointment during business hours	Available starting week of 1/10/22.	Available
How to schedule COVID testing with DCP	During business hours M-F, contact Denise at 412-219-4613 to schedule non-urgent COVID testing. You can also schedule an appointment with Diane on the nurse calendar https://gentilefamilydpc.as.me/COVID	During business hours M-Th, contact Deedra at 412-685-3373 to schedule non-urgent COVID testing.	During business hours M-F, call 724-288-6964 to schedule non-urgent COVID testing.

Other Testing Options in Pittsburgh

- www.curative.com
- www.upmc.com/coronavirus/testing-centers
- www.ahn.org/coronavirus/faqs/testing
- www.health.pa.gov/topics/disease/coronavirus/Pages/Symptoms-Testing.aspx

Rapid tests may be available here:

Blueberry Pharmacy

Amazon.com (www.amazon.com/s?k=rapid+covid+tests&ref=nb_sb_noss)

Local pharmacies, but would recommend calling first as availability is not consistent



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What to know about COVID tests, from your DCPD docs

The gold standard to test for COVID-19 infection is the PCR (“send away”) test.

Rapid tests have a role and are most accurate when checked within the first week of symptoms, especially days 3-5 when the viral load tends to be at its highest.

- If you have a positive rapid antigen test result, you can be very certain that you do have a COVID-19 infection.
- If you have a negative rapid antigen test result, you should follow up with a PCR test for more certainty, especially if you were exposed to COVID-19 or have any symptoms of COVID-19.

Reference: onlinelibrary.wiley.com/doi/full/10.1002/jcla.24203

Key Definitions Related to COVID-19

WATCH: Learn more about Quarantine vs. Isolation (https://youtu.be/l3s75_X8Xjs)

Isolation: Refers to the period of time that a person with a COVID-19 infection should stay away from other people. A 10-day isolation is recommended for those who are symptomatic as well as asymptomatic with COVID-19.

Scenarios:

- **SYMPTOMATIC (sick) with POSITIVE test**
 - It is recommended that you isolate for AT LEAST 5 days from the START of your symptoms, regardless of what day in your illness you test positive. You may end your isolation and continue to mask for an additional 5 days if your symptoms have RESOLVED. If your symptoms persist beyond 5 days, it is recommended that you isolate for 10 days total from the start of your symptoms.
- **ASYMPTOMATIC (not sick) with POSITIVE test**
 - It is recommended that you isolate for AT LEAST 5 days from the day of your positive test. You may end your isolation and continue to mask for an additional 5 days if you continue to be symptom-free. If you develop symptoms, isolate an additional 5 days from the start of symptoms.



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Quarantine: This is a strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others.

Who should quarantine?

If you come into close contact with someone with COVID-19, you should quarantine if you are in one of the following groups:

- You are ages 18 or older and completed the primary series of recommended vaccine, but have not received a recommended booster shot when eligible.
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot.
- You are not vaccinated or have not completed a primary vaccine series.

Who does not need to quarantine?

If you came into close contact with someone with COVID-19 and you are in one of the following groups, you do not need to quarantine:

- You are ages 18 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
- You are ages 5-17 years and completed the primary series of COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (you tested positive using a viral test).

Symptoms of COVID

Signs of any illness should be presumed COVID unless tested negative. We are seeing patients with a range of symptoms including:

- Congestion, runny nose
- Headache
- Cough
- Sore throat
- Fever
- GI symptoms including nausea, vomiting and/or diarrhea
- Loss of taste/smell



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- Body aches
- Can feel like a sinus infection or allergies

When to Test if You Have Symptoms

If you have **any** symptoms of COVID, waiting 2 days to test is ideal. Days 2-5 is the range to do a rapid test. If you are symptomatic and initially test negative, wait 48 hours and test again either by PCR or rapid test.

Current Treatment Options for COVID

Monoclonal antibodies

What they are: Monoclonal antibody (mAb) therapy, also called monoclonal antibody infusion treatment, is a way of treating COVID-19. The goal of this therapy is to help prevent hospitalizations, reduce viral loads and lessen symptom severity. This type of therapy relies on monoclonal antibodies. These are antibodies that are similar to the ones your body would naturally make in response to infection. They give the immune system a leg up until it can mount its own response

Timeframe: This treatment is most effective when administered between days 1-5 of symptoms.

Process: Monoclonal antibodies are given as an intravenous (IV) infusion over 20-30 minutes. Patients are then typically monitored for allergic reaction for up to 60 minutes.

Who Is Eligible: Anyone who tested positive for COVID-19, has had symptoms for 10 days or less, and one of the following:

- Be at least 65 years old
- Have a BMI of more than 25 kg/m², or if age 12-17, have BMI above the 85th percentile for their age and gender based on CDC growth charts
- Currently pregnant
- Chronic Lung Disease (COPD, asthma, pulmonary hypertension, cystic fibrosis)
- Have a medical condition, including:
 - Chronic kidney disease
 - Cardiovascular disease (including congenital heart disease, hypertension)
 - Diabetes
 - Down syndrome



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- Dementia
- Liver disease
- Chronic lung disease
- Sickle cell disease
- Immunosuppressive disease or immunosuppressive treatment
- Current or former smoker
- History of stroke or cerebrovascular disease
- Current or history of substance abuse
- Neurodevelopmental disorders or other conditions that confer medical complexity
- Have a medical-related technological dependence (e.g., tracheostomy, gastrostomy)

Locations for Monoclonal Antibody Infusion:

- OLYMPUS INFUSION CENTER: www.olympusinfusions.com
- HIGHFIELD CARE: www.highfieldcare.com
- **UPMC**: Call 866-804-5251 to speak to someone about eligibility and/or get on the list.

Based on a UPMC communication on 12/28/2021:

- UPMC is exclusively using IV sotrovimab for treatment of mild to moderate COVID-19 because this medication was shown to neutralize the Omicron variant in the lab setting.
- Supply of sotrovimab is limited and therefore only patients in Priority Group 1 (pregnant or immunocompromised) will receive this medication.
- UPMC is no longer offering monoclonal antibody therapy for post-exposure prophylaxis.

New Antiviral Medicines (paxlovid, molnupiravir)

What they are: To our knowledge, these medicines are not available yet in our area.

We are hopeful that these new medications, when available, will help to significantly decrease hospitalizations and deaths from COVID-19 infection.

References:

- (1) www.sciencedirect.com/science/article/pii/S2214109X21004484
- (2) www.bmj.com/content/375/bmj.n2422
- (3) www.pfizer.com/news/press-release/press-release-detail/pfizers-novel-covid-19-oral-anti-viral-treatment-candidate

Vaccines

COVID-19 vaccines are no longer being offered at DCCP offices, as they are readily available in our region. [Vaccines.gov](https://www.vaccines.gov) is an excellent search tool to help you find a vaccine.



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- How long after having COVID should I wait to get the vaccine?
 - You can get your vaccine after you have ended your isolation period from recent infection.

- Can I receive other vaccines on the same day or soon before/after the COVID vaccine?
 - Yes, there is no restriction on receiving other vaccines concurrently or soon before/after the COVID vaccine.



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