

RESOURCES

US Centers for Disease Control and Prevention
(CDC)

[www.cdc.gov/coronavirus/2019-ncov/
index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html)

World Health Organization (WHO)

[www.who.int/emergencies/diseases/novel-
coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)

FOR MORE INFORMATION PLEASE VISIT

www.bioreference.com/coronavirus/

OR CALL 833-684-0508

BioReference
LABORATORIES
an **OPKO** Health Company

481 Edward H Ross Drive
Elmwood Park, NJ 07407

T 1-800-229-5227

F 1-201-345-7048

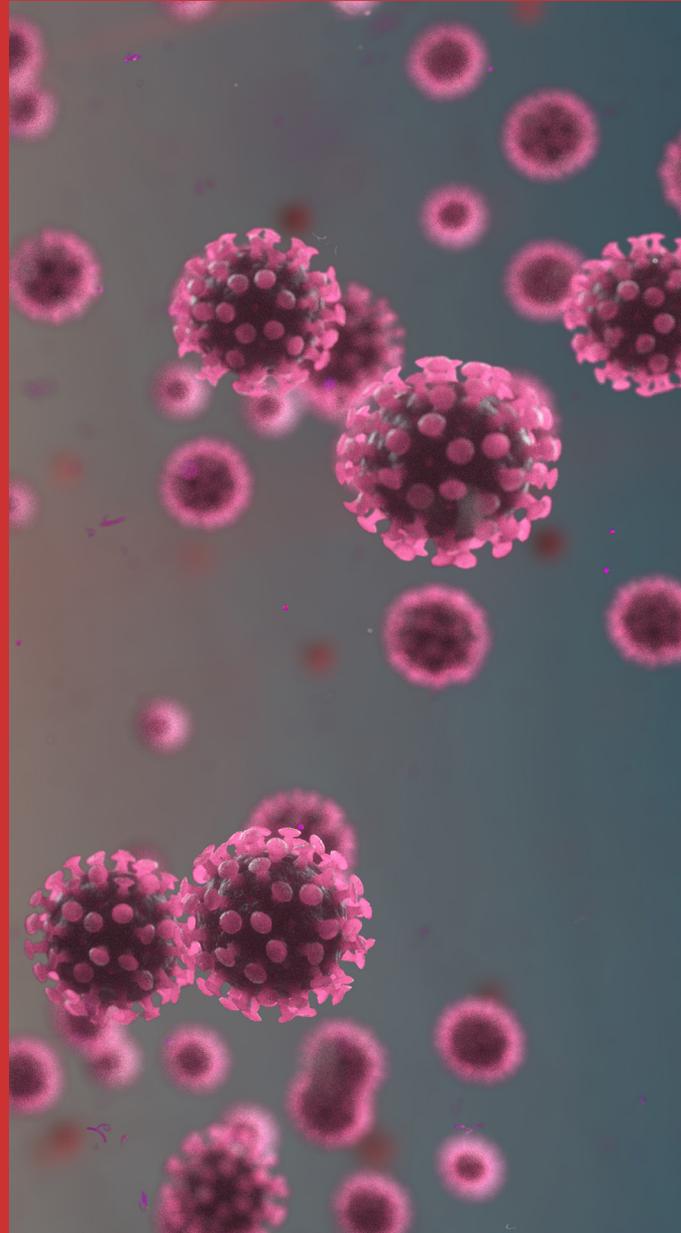
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COVID-19

Information for Patients



NOVEL CORONAVIRUS DISEASE: COVID-19

The novel coronavirus disease (COVID-19) is a new virus of global health significance caused by infection of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). On March 11, 2020, the World Health Organization (WHO) declared COVID-19 a global pandemic.

TRANSMISSION

According to the US Centers for Disease Control and Prevention (CDC), COVID-19 is thought to spread from person to person in close contact through respiratory droplets. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It is also possible that a person can catch COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

SYMPTOMS

Currently reported illnesses have ranged from mild symptoms to severe illness and death. The CDC reports that the following symptoms may appear up to 14 days after exposure:

- Fever
- Cough
- Fatigue
- Anorexia
- Shortness of breath
- Sputum production
- Myalgias

DIAGNOSTIC TESTING

COVID-19 testing is imperative in aiding healthcare professionals and public health authorities to identify infected patients more quickly. BioReference is pleased to offer a high-quality assay to ensure patients and their healthcare providers have greater access to testing to promote earlier diagnosis and help limit spread of infection.

Please note:

- A patient cannot order their own tests
- A doctor's requisition or lab script is required for all testing
- Patients under investigation of COVID-19 and seeking evaluation of the disease will not be collected at BioReference Patient Service Centers
- Specimen should be collected at physician offices, hospitals or other clinic settings

PREVENTION

If you are confirmed to be or believe you are sick with COVID-19, the CDC recommends you follow the steps below to help prevent the disease from spreading.

- Self-isolate in your home, except to get medical care
- Separate yourself from other people and animals in your home
- Call ahead before visiting your healthcare provider and tell them that you have or may have COVID-19
- Wear a facemask
- Cover your coughs and sneezes
- Clean your hands well and often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces daily
- Monitor your symptoms and seek prompt medical attention if your illness is worsening

If you suspect that you have COVID-19 and are seeking evaluation of the disease, please contact your healthcare provider and local or state health department immediately.