



Panhandle Health District

Healthy People in Healthy Communities

Public Health
Prevent. Promote. Protect.

Panhandle Health District

FOR IMMEDIATE RELEASE

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Panhandle Health Calls Upon Providers to Write COVID-19 Test Orders

NORTH IDAHO PANHANDLE – Beginning Tuesday, July 14, 2020, Panhandle Health District (PHD) will only be writing orders for COVID-19 testing for individuals who are uninsured **and** do not have a primary care provider. PHD is asking individuals to use their primary care provider for their COVID-19 test ordering needs. Due to the increased number of COVID-19 positive cases in our community, PHD will be focusing our resources on the public health function of contact tracing in order to slow the spread of the virus.

WHO SHOULD BE TESTED FOR COVID-19:

- Individuals with [signs or symptoms](#) consistent with COVID-19
- Asymptomatic individuals with recent known or suspected exposure (see below for what exposure/close contact means) to a confirmed COVID-19 positive individual

HOW IS CLOSE CONTACT DEFINED:

Close contact is defined as within 6 feet of a COVID positive individual for longer than 15 minutes.

WHEN SHOULD I BE TESTED:

Testing should take place between 5-8 days after the individual was exposed to the positive individual. All individuals who wish to be tested should isolate prior to their test, while awaiting results, and continue to isolate until 14 days after your last exposure.

WHAT TO DO IF YOU TEST POSITIVE:

If you test positive for COVID-19, remain at home. Begin notifying close contacts that you interacted with 2 days prior to becoming symptomatic to let them know of their potential exposure. Close contact means closer than 6 feet for more than 15 minutes. Household members, employees that you work closely with, family or friends that you recently socialized with are potential examples of close contacts. Your close contacts should stay at home and self-isolate for 14 days, starting from the last day they were possibly exposed to COVID-19.

WHAT TO DO IF YOU WERE EXPOSED TO A CONFIRMED COVID-19 POSITIVE INDIVIDUAL:

To prevent the further spread of disease, people who had close contact with someone with COVID-19 are encouraged to stay home and maintain social distance (at least 6 feet) from others until 14 days after their last exposure to a person with COVID-19. Contacts should monitor themselves by checking their temperature twice daily and watching for symptoms of COVID-19. It's important not to test too early after exposure as the virus takes time to build in your system and show up on a test. Wait 5-8 days after your exposure if you wish to be tested and remain isolated.

Symptoms of COVID-19 can include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. If your symptoms worsen or become severe, you should seek medical care.

Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.

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