sentara.com/coronavirus.

If you have symptoms of COVID-19, please contact your primary care provider or the Sentara COVID-19 Call Center (1-833-945-2395) before visiting a Sentara Healthcare location. If it is not an emergency, we kindly ask that you remain at home.

Know Before You Go

Before You Leave Your House

Ask yourself these questions:

1. Do you have 2 of the 3 symptoms:
   - Fever (100.4 degrees or higher)
   - Cough
   - Shortness of breath

OR

2. Do you have 2 of the 3 symptoms:
   - Fever (100.4 degrees or higher)
   - Cough
   - Shortness of breath

AND

In the last month, have you been in contact with someone who was confirmed or suspected to have COVID-19?

IF NO:

Please, stay home. Continue to follow the CDC recommended prevention methods and monitor for a change in symptoms.

IF YES:

If you are below age 60 and have no other health issues, you should stay home and self-quarantine for 14 days.

If you are over age 60, or have underlying health conditions, please follow these steps:

1. Call your healthcare provider for further guidance.
2. If you don’t have a primary care provider, view our virtual care options by clicking here.
3. If you require immediate medical attention, please call your nearest emergency department. View our list of Sentara emergency departments by clicking here.

What Should I Expect?

How will I receive my results of the test?
- If tested, you will provide your personal information and will receive a phone call once your test results are in.
- If you are already a Sentara patient, your results will also be added to your Sentara MyChart.
- Please be patient. At this time, it can take up to 5 days to receive test results.

**What happens after I am tested?**

- Once you are tested, you will be asked to self-quarantine until we receive your results
- If your symptoms require additional medical care, you may be admitted to the hospital