

[sentara.com/coronavirus.](https://www.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

AND

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

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 traveled internationally or to an area with a known COVID-19 outbreak? (Check the latest [high-risk travel areas here](#))

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.
 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