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CHEROKEE NATION®
 Health Services

COVID-19 Testing: Next Steps

Test results can take **1-4 days**, but may be available the same day.

CNHS will attempt to notify patients with POSITIVE test results by phone call or text message.

All test results, positive or negative, are available on the CNHS Patient Portal as soon as they are received.

If you need a copy of your test results, you can print them from the Patient Portal or call your nearest CNHS Medical Records Department.

If you have Symptoms

Stay home, wear a mask and social distance from others (even family) until results are confirmed.

If you have NO symptoms & NO known exposure

Return to work/daily activities, follow strict precautions of wearing a face covering, frequent handwashing and maintaining social distancing of 6 feet until your results are confirmed.

After You Receive Your Test Results:

POSITIVE Results for General Public

- Regardless of vaccination status, stay home, isolate, and wear a mask for minimum of 5 days from onset of symptoms or for 5 days from the day of the positive test if you do not have symptoms.
- After day 5, end isolation if fever resolves and symptoms improve but continue to wear a mask for 10 days.
- If you did not have symptoms when tested, end isolation after day 5 and continue to wear a mask for 10 days.
- When isolating, stay away from others, even those in your home. If you must be around others in your home, each person should wear a mask. It is helpful if you can use a separate restroom. Disinfect surfaces and door handles frequently.
- If you have a fever, continue to stay home until your fever resolves.
- For questions regarding quarantine please consult your provider.

POSITIVE Results for Healthcare Workers

- Regardless of vaccination status, stay home and isolate for a minimum of 7 days from onset of symptoms. Retesting is required at day 7 before returning to work.
- Isolate away from others, even those in your home. If you must be around others in your home, each person should wear a mask. It is helpful if you can use a separate restroom. Disinfect surfaces and door handles frequently.
- For questions regarding quarantine consult your Employee Health Nurse.

Individuals who are moderately or severely immunocompromised or who have severe or critical symptoms may require a longer isolation period.

If you need a note to return to school or work, please contact your provider or the CNHS health facility where you were tested.

For NEGATIVE Results with Symptoms

- Negative results can be found on the Patient Portal.
- If you are concerned that you may still have COVID-19, consider contacting your primary care provider to rule out other possible causes for your symptoms.

What to do if You Have Been Exposed to Someone with COVID-19:

Close Contact Exposure - Within 6 feet for greater than 15 minutes without a face covering

- Regardless of vaccinations status or previous infection, wear a mask as soon as you find out you have been exposed.
- Follow strict masking around others for 10 days.
- Get tested on day 5 after exposure.
- If symptoms develop, get tested and stay home until a negative COVID-19 test confirms symptoms are not due to COVID-19. Continue wearing mask through day 10 when around others.

Symptoms of COVID-19:

People with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

People with these symptoms may have COVID-19:

- 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
- Diarrhea

When to Seek Emergency Medical Attention:

Look for emergency *warning signs of COVID-19: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake and/or pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone. *This is not a full list of symptoms. Call your provider for severe or concerning symptoms.

Once isolation has ended: Any member of the public, regardless of where they live, is encouraged to receive the **COVID-19 Vaccine**.

Appointments and walk-ins are welcome at all health center locations from 8am-4pm.
For appointments, call 1-539-234-4099.

For questions related to COVID-19, visit health.cherokee.org

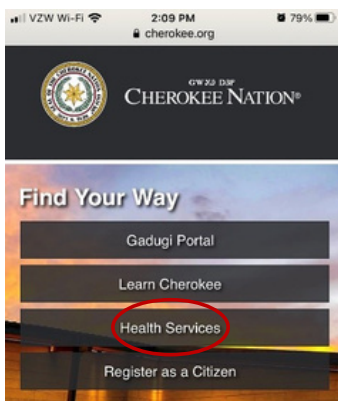


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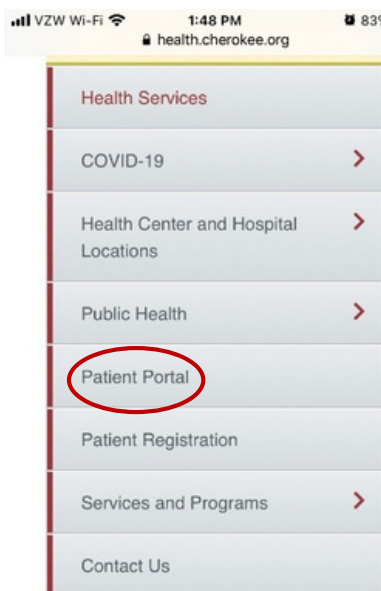
Accessing the Patient Portal: Mobile Web Browser

First-Time Setup: Click on the the invitation link provided in the email sent from CNHS. Complete the registration process and set your password.

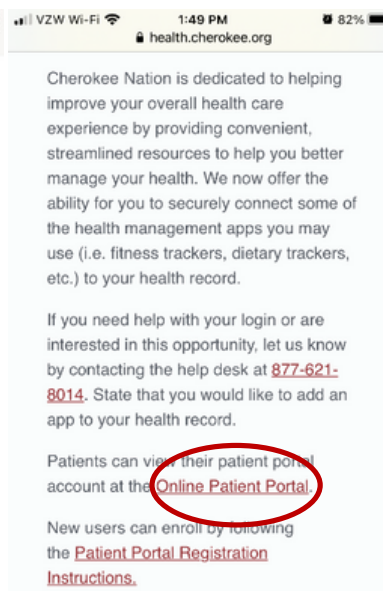
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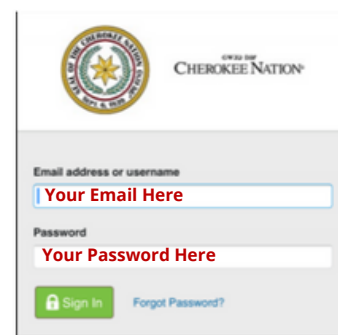
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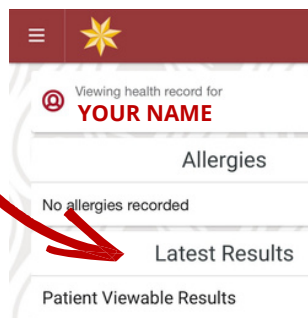


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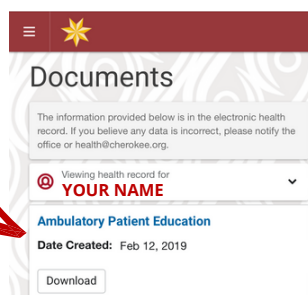


5 Scroll down to find the "Latest Results" section:

- If your test is negative, your results will display as NEG or NOT DETECTED.
- If your test is positive, your result will display as POS or DETECTED.



6 Documents such as "Return to Work Forms" can be found by clicking "Health Record" then "Documents"





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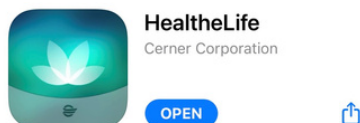
Accessing the Patient Portal: SmartPhone App

First-Time Setup: Click on the the invitation link provided in the email sent from CNHS. Complete the registration process and set your password.

These steps are the same for Apple and Android Devices:

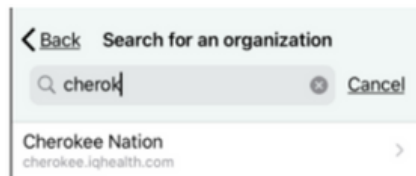
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Download HealtheLife App



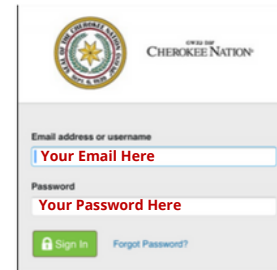
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Search Cherokee Nation



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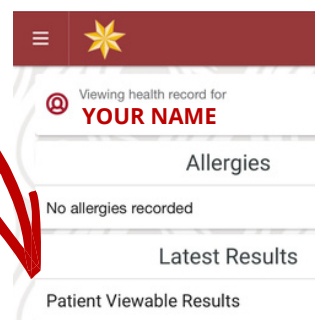
Login



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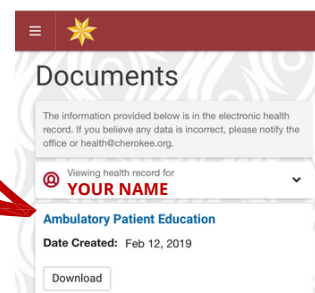
Test Results can be found in the "Latest Results" section:

- If your test is negative, your results will display as NEG or NOT DETECTED.
- If your test is positive, your result will display as POS or DETECTED.



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Documents such as "Return to Work Forms" can be found by clicking "Health Record" then "Documents"





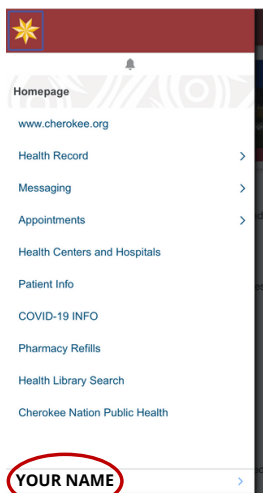
Patient Portal: Test Result Notifications

After accessing the Cherokee Nation Patient Portal, set up your portal notifications to receive your COVID-19 test results as soon as they are available. Notifications can be received in an email or text message.

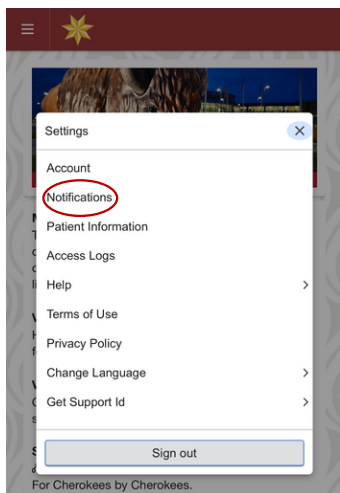
Using Web Browser on Your Phone

Login to the Patient Portal and follow the steps below:

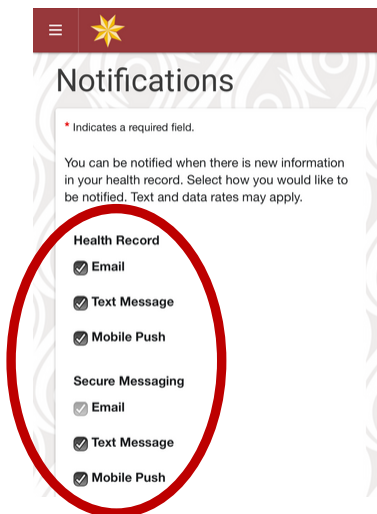
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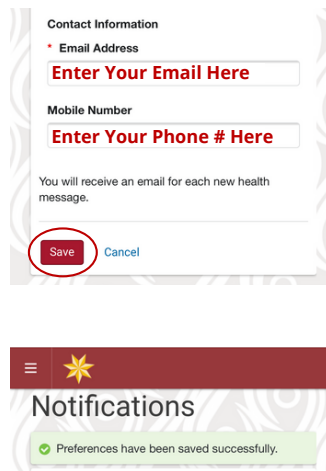
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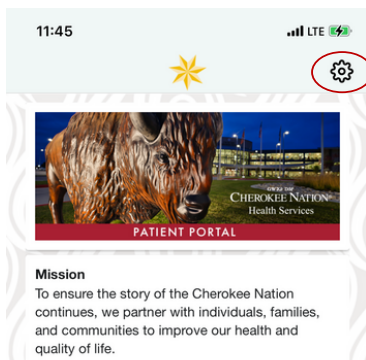
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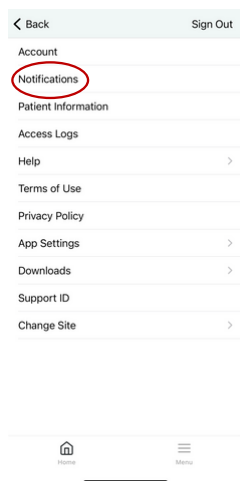
Using the HealthLife App

Login to the Patient Portal and follow the steps below:

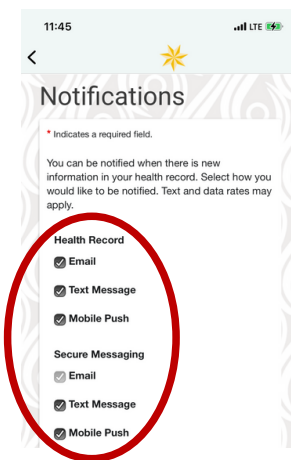
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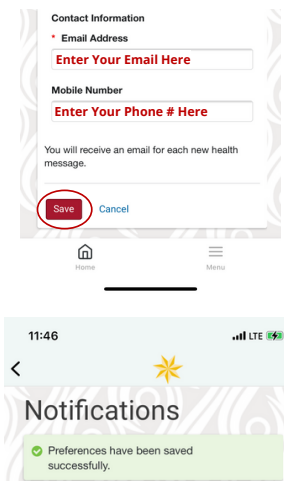
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10 THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME | COVID-19 |

If you have possible or confirmed COVID-19

- 1. Stay home** except to get medical care.



- 6. Cover your cough and sneezes** with a tissue or use the inside of your elbow.



- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



- 3. Get rest and stay hydrated.**



- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)