You requested a COVID swab today but did not meet criteria for testing. We are sorry, but we are only testing people who meet criteria.

If you had COVID and your employer is requesting you have a negative COVID swab to return to work: We are recommending you follow the CDC symptom-based or time based strategy criteria to return back to work. For more details please reference here: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html

“Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
- At least 10 days have passed since symptoms first appeared.”

Persons with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:
- At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test. If they develop symptoms, then the symptom-based or test-based strategy should be used. Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after their first positive test.

If you were exposed to COVID at work and your employer requested the test: We are recommending you follow the CDC guidelines and quarantine or self-isolate if indicated. For more details and specific guidelines for critical infrastructure workers please reference here: https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html

“Employees may have been exposed if they are a “close contact” of someone who is infected, which is defined as being within approximately 6 feet (2 meters) of a person with COVID-19 for a prolonged period of time:
- Potentially exposed employees who have symptoms of COVID-19 should self-isolate and follow CDC recommended steps.
- Potentially exposed employees who do not have symptoms should remain at home or in a comparable setting and practice social distancing for 14 days.

All other employees should self-monitor for symptoms such as fever, cough, or shortness of breath. If they develop symptoms, they should notify their supervisor and stay home.”

If you develop COVID symptoms: If you develop symptoms you should self-isolate and seek medical care. If you develop trouble breathing, persistent pain/pressure in your chest, new confusion or inability to arouse or bluish face/lips please call 911 and seek emergency care immediately.

If you need to discuss symptoms, please call STRIDE at 303-360-6276 to schedule a telehealth appointment with a provider. This will be billed to your insurance, if you are insured.