



## FOR IMMEDIATE RELEASE

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[www.monohealth.com/Coronavirus](http://www.monohealth.com/Coronavirus)



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## MONO COUNTY HEALTH DEPARTMENT AND MAMMOTH HOSPITAL PROVIDE UPDATED INFORMATION ON COVID-19 SYMPTOMS AND LAB TESTING

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*April 29, 2020* – Below is updated public information regarding COVID-19 symptoms and lab testing in Mono County. There are two primary types of tests for COVID-19 – a nasal swab test, and a blood test.

### Nasal Swab Testing

The Polymerase Chain Reaction, or PCR test looks for current, active COVID-19 infection. The swab is inserted into the nose and is tested in a lab for the genetic material of the virus. Rapid in-house nasal swab testing is currently available at Mammoth Hospital for individuals specifically referred for testing from the 211 Nurse Hotline. Results are obtained in approximately one hour. It also may be available through Toiyabe Indian Health Project (Coleville/Walker and Bishop clinics) and at Northern Inyo Hospital in Bishop.

Please note, if a person has symptoms that could be COVID-19 but receives a negative test result, that person should be treated as if the test was positive. This means isolation from others for at least **10-days**, along with 3-days with no fever, **AND** all other symptoms are gone.

### Antibody Testing

These blood tests, also known as serological tests, look for the antibodies made by our immune system when we have been exposed to the virus. Results from these tests can help identify who has been

infected and developed antibodies that may protect from future infection as well as identify those still at risk. Testing for antibodies that persons have developed in response to infection is still very controversial, with few tests approved by the FDA for widespread use. As a result, Mammoth Hospital does not recommend that individuals seek antibody testing at this time.

For additional technical information from Dr. Craig Burrows, Chief Medical Officer at Mammoth Hospital regarding antibody testing, please visit <https://coronavirus.monocounty.ca.gov/pages/faq>.

### **Who Should Get Tested?**

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

- Cough
- Shortness of breath or difficulty breathing

*Or at least two of these symptoms:*

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

This list is not all inclusive. Children have similar symptoms to adults and generally have mild illness. Please consult your medical provider for any other symptoms that are severe or concerning to you.

### **When to Seek Medical Attention**

If you have any of these emergency warning signs for COVID-19 get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

### **211 Nurse Hotline**

**If you or a family member are sick or experiencing any of the symptoms listed above**, please call the 211 Nurse Hotline. A Registered Nurse is available 7-days a week from 8:00 a.m. to 5:00 p.m. The nurse will provide advice on whether or not it is safe to stay home and isolate, or if you need to be seen

by a healthcare professional for testing. You will also be given resources on how to help keep you and your family safe. If you are experiencing any emergency warning signs please call 911. Notify the operator that you have, or think you might have, COVID-19 and if possible, put on a cloth face covering before medical help arrives.

Distance. Wash. Cover and #StayHomeMono!

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*Please utilize the resources below for local information about the coronavirus.*

Website: [MonoHealth.com/Coronavirus](https://monohealth.com/Coronavirus)

Spanish: <https://monohealth.com/coronavirus-es>

Call: 211 (English & Spanish)

Email [COVID19Help@mono.ca.gov](mailto:COVID19Help@mono.ca.gov)

Facebook.com/MonoHealthDepartment

Instagram.com/MonoCountyHealthDepartment

Twitter.com/CountyMono

Town of Mammoth Lakes Short-Term Rental Hotline (760) 965-3670 or [TOT@townofmammothlakes.ca.gov](mailto:TOT@townofmammothlakes.ca.gov)

Mono County COVID-19 Violations: [covid19violations@mono.ca.gov](mailto:covid19violations@mono.ca.gov).

Emergency Operations Center (760) 932-5650

Mono County You Tube channel