

COVID-19 EMPLOYEE TESTING FAQ

Q: What if I test positive with a Houston Methodist PCR test?

A: Please inform your manager. Your results will be loaded into your health portal and there is nothing else for you to do. If you are asymptomatic or have mild symptoms (without fever for 24 hours) you can return to work on Day 6 after a positive test. **There is no need for you to contact employee health**, and employee health will not contact you unless you are out for an extended period of time. No further testing is necessary.

Q: How do I calculate the five days of isolation if I am asymptomatic or have mild illness?

A: The day you do the test is considered Day 0. Then count five days from then, and that means if you are asymptomatic or your symptoms are improving you will return to work on Day 6. No further testing is necessary.

Q: What if I am moderately to severely symptomatic?

A: On Day 6, if your moderate to severe symptoms (fever, chest tightness, shortness of breath, headache that only improves with medication, nausea/vomiting) remain, continue isolation and contact your doctor or [Houston Methodist Virtual Urgent Care](#) for guidance (which will likely be 10 full days of isolation.) Your count starts on the day your symptoms appeared, NOT on the testing day. If, for example, you are feeling better on Day 6, you can return to work the next day with no further testing. If you are still sick after 10 days please see your PCP.

Q: What if I develop symptoms while at work?

A: Attempt to schedule a PCR test, if it is not possible to schedule a test you will be allowed to walk-in to any of our surveillance sites during business hours. If you are symptomatic and on campus outside of business hours, please contact your manager for an emergency at home test kit. If the test is negative, and your symptoms persist, please proceed to take a PCR test on the next business day.

Q: Now that short term disability has reverted to what it was, do I need to take PTO for the five-day isolation period?

A: Yes. And on the 8th calendar day the STD will kick in.