

Considerations for COVID evaluation and testing

Because of ongoing limitations of COVID laboratory test availability, we are not providing testing for non-symptomatic patients. We ask that non-symptomatic patients who require testing for any reason (screening, travel, etc.) are tested through community testing sites as listed on the opposite page.

For patients with **only mild to moderate** COVID-like symptoms without underlying health conditions and no high risk household contacts, it is reasonable to presume you are COVID positive because of the very high rate of current community transmission; avoiding testing may save you the time and cost of a medical visit.

For those with severe symptoms, concerning underlying health conditions, or who otherwise wish to be evaluated, we recommend doing so with testing through one of our primary care offices.

Right now VVH COVID testing is being reserved for hospitalization only – if you are meeting criteria for Urgent care it is likely you are not meeting the requirements for testing.

CDC Recommendations from December 27, 2021:

For mild/moderate symptoms **[or presumed positive]** for COVID-19 (Isolate)
Everyone, regardless of vaccination status:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.
If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 but have NO symptoms (Quarantine):

- Test on day 5 [at a community testing location], if possible
If you develop symptoms get a test and stay home (isolate).

COVID-19 Testing Options outside of Valley View

- Links to Community testing locations – this shows type of tests, locations, and cost
 - <https://covid19.pitkincounty.com/get-tested/#find-testing-site>



- <https://covid19.colorado.gov/testing>



- Slopeside labs
 - Slopeside labs rapid antigen testing at Glenwood Springs Community Center on Mondays, Tuesdays, Thursdays, Fridays from 4-6PM
 - \$30/test - BionaxNOW
 - Sign-up for testing [Slopesidelabs.com](https://slopesidelabs.com)
 - Call or register online
 - 970-404-0551
 - <https://calendly.com/slopeside-schedule>

