



THANK YOU for getting tested

Anyone with a positive result will be contacted by phone within 24 hours by a member of our staff. All test results can be seen in your MHS GENESIS Patient Portal account.



What to do while waiting for results

If you were tested because of symptoms or as a direct contact:

- Stay home until your test results are back unless needing medical care. Avoid all public places and transportation.
- Keep at least 6 feet from people and animals; including those in your household.
- Avoid sharing personal household items. Wash your hands and high-touch surfaces regularly.
- Inform your employer/child's school that you are awaiting results.



If your test result is positive

Most people do not have serious symptoms, but it is important to take care of your health and protect those around you.

- Stay home and avoid all public places and transportation except to see medical care until cleared by public health.
- Keep at least 6 feet from people and animals; including those in your household.
- Avoid sharing personal household items, including the restroom. Wash your hands and high-touch surfaces regularly.
- Inform your employer/child's school that you are awaiting results.
- Wear a face covering if symptoms allow, even in the house if not in a separate room.
- Designate one household member to bring food or other necessities.
- Notify close contacts (anyone who was within 6 feet for 15 minutes or longer during the two days prior to symptoms starting, or when you were tested, whichever is earlier) that they need to quarantine for 14 days from the time you were last together.
- Close contacts should remain in quarantine for 14 days after their most recent contact with you regardless of a negative COVID-19 test or a provider's note.

When to end isolation



If COVID-19 positive, isolation will end after 10 days have passed since symptoms first appeared (or date test was conducted for those who were asymptomatic) and 24 hours have passed with no fever without the use of fever-reducing medications, and other symptoms of COVID-19 are improving.

Retesting previously positive people



- Retesting asymptomatic people is not routinely recommended within 3 months after the date of symptom onset of the initial COVID-19 infection.
- For people who develop new COVID-19-like symptoms within 3 months after a prior COVID-19 infection, retesting may be considered by a medical provider.

If test result is negative



This test shows your result at that moment in time. It offers no protection from future infection. Continue to take steps to protect yourself. You should not be around others until you are feeling better and fever-free for at least 24 hours. **If Public Health identifies you as a close contact you are required to quarantine for 14 days regardless of negative test results.**

Seek immediate medical care if you develop:

- Difficulty breathing
- Bluish, gray or whitish lips or face
- Constant pain or pressure in chest
- Severe constant dizziness/lightheadedness
- Being confused
- Difficulty waking up
- Slurred speech (new or worsening)
- Other symptoms that are concerning

Keep track of your contacts

Contact tracing efforts may be delayed. The sooner people know about possible exposure, the quicker they can quarantine or isolate and get tested if needed. This will help prevent COVID-19 from spreading and help keep schools and businesses open. If you test positive, please notify your own close contacts. Using the chart below, write down the names and contact information for anyone with whom you were within 6 feet of for 15 minutes or more. Start this chart by filling in the date your symptoms started, or if you have not experienced any symptoms, please write in the date of your test. Then go back two days. This is the time frame that you would be infectious and should alert others of your results. Include all days until you were able to isolate from other people.

2 days before symptoms (or test date if no symptoms)	1 day before symptoms (or test date if no symptoms)	Date symptoms started (or test date if no symptoms)	Days after symptoms (or test date) Until you isolated from others
Date:	Date:	Date:	Date:
Names, Phone # and email:	Names, Phone # and email:	Names, Phone # and email:	Names, Phone # and email:



For more information:

<https://bassett-wainwright.tricare.mil/Patient-Resources/COVID-19-Overview>

Use the MHS GENESIS Patient Portal to get results.

What is *MHS GENESIS*?

MHS GENESIS is the new electronic health record (EHR) for the Military Health System. It is the single, continuous record of care that will support the provision and coordination of care for 9.5 million TRICARE beneficiaries worldwide. Full deployment of MHS GENESIS, in all military hospitals and clinics, is expected to be complete by 2023.

Does the Patient Portal have *New Features*?

The MHS GENESIS Patient Portal is a secure website for 24/7 access to your health records from any internet device.



Review your health record



Securely send messages and documents to your doctor



Request prescription refills



Book an appointment



Fill out forms before your appointments



Access educational content



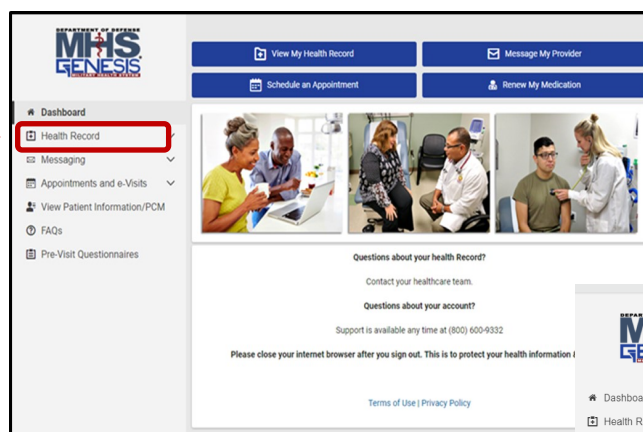
Complete an eVisit

How do I access the *Patient Portal*?

To access the MHS GENESIS Patient Portal, visit patientportal.mhsgenesis.health.mil.

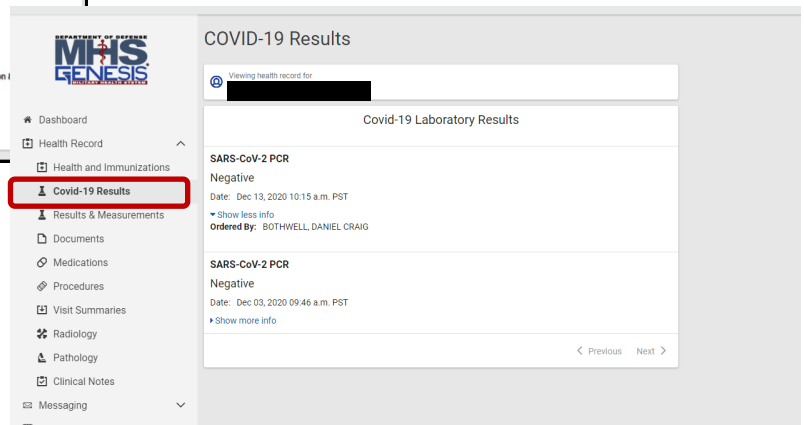
Beneficiaries can log in using their DS Logon. A free Premium Access account is required to view the health record. The DS Logon Premium account allows you to view personal data about yourself in the Department of Defense and Department of Veterans Affairs systems, apply for benefits online, check the status of your claims, update your address information, and more.

For DS Logon questions, visit www.dmdc.osd.mil/milconnect or contact the Global Support Center at 1-800-600-9332.



STEP →

STEP 2 →



COVID-19

Directions for care and testing:

SCENARIO

1 ★ **COVID-19 symptoms needing TESTING but NO MEDICAL CARE** ★

Use the COVID Testing Tent
DO NOT CALL PUBLIC HEALTH or ER
Monday - Friday 8 a.m. to 2:30 p.m.
Saturday/Sunday 9 a.m. to 11 a.m.

SCENARIO

2 **Reporting travel or questions regarding Garrison ROM/quarantine**

See the COVID-19 page on the USARAK website at home.army.mil/alaska or contact your Chain of Command.

SCENARIO

3 **COVID-19 symptoms needing emergency care -**

Call 907-361-4068 to alert ER staff and receive directions.

SCENARIO

4 **Positive COVID-19 test or direct contact with a known positive COVID-19 person.**

Call Public Health: 907-361-3057
Monday - Friday 7 a.m. to 7 p.m.
Leave a message

SCENARIO

5 **COVID-19 symptoms NOT needing emergency care or are in quarantine/ROM and have a medical question.**

Self-isolate
Schedule a virtual encounter with your provider

SCENARIO

6 **Need COVID-19 test results for PCS travel on Alaska Marine Highway Ferry.**

Bring ferry tickets to the COVID-19 Testing Tent within 5 days of your ferry departure.
Monday - Friday 8 a.m. to 2:30 p.m.
Saturday/Sunday 9 a.m. to 11 a.m.