**MedStar** Urgent **Care at** Wheaton

11915 Georgia Ave

Wheaton, MD, 20902

Phone: (301) 942-4505 Fax: (301)942-4509

Ambulatory Clinical Summary

Visit Date: 11/16/2020 12:20

**Scheduled Provider:** Babarinde Fadirepo, MD

\* Final Report \*

SINDJOU,GUY

Vist Date: 11/16/2020 12:20

## Instructions From Your Provider

Drink plenty of fluids. Tylenol as needed for pain. Follow-up if any shortness of breath or chest pain develops.

You were seen in urgent care today. Rapid point of care testing for COVID19 with a nasal swab was negative. All testing for COVID19 has a false negative rate, and the rapid

testing has a slightly higher false negative rate then traditional PCR testing. In the meantime, given your symptoms we recommend that you self quarantine. You should never end quarantine when you still have symptoms. Please use good hand hygiene to prevent the spread of viral illness. If you need a note to return to work once you are feeling better for over 24 hours, please utilize Medstar eVisit (https://medstar-evisit.com/) who can help with letters for return to work. If you are feeling worse at any point please return to urgent care for further evaluation and possibly repeat testing. If you are having any chest pain, worsening shortness of breath, feeling lightheaded or dizzy, hdVing trouble walking from your bed to the bathroom, *if* you are vomiting, confused, having severe headaches, or if you have any worsening symptoms please seek emergency medical treatment.

**Allergies**

No Known Allergies

**My Summary**

# My Visit Was For

Sore throat Chills

## Test Results

**Laboratory Infectious Disease**

# Vital Signs

### 11/16/2020 12:41

**Temperature:** Temporal - 36.7 °C (98.1 °F);

**Pulse: 85**

”" ” " **Respiratory Rate:** 18 **Blood Pressure:** 105/69 **Oxygen Level:** 97%

**Height:** 208 cm (6 ft 10 in)

POC Rapid COVID-19 Screen: Negative (11/16/20

Weight: 99.7 kg (219 lbs 13 oz)

Body Mass Index (BMI): 23.04 kg/m2

Currently, the CDC does not recommend additional testing prior to returning to work as long you remain fever free and with improved symptoms.

Manage your health care anytime, anywhere with the myMedStar Patient Portal

myMedStar is a free, secure and convenient way to manage your health care and communicate with your physician.

With myMedStar you can:

* Request and view upcoming appointments
* View most lab, radiology and pathology results as soon as they are available
* Renew prescriptions
* Exchange secure email messages with any of your MedStar Health care providers
* View summaries of your hospital or office visits
* And more How to Enroll

Self-enrollment

1. Go to *myl' edstar.orp*
2. Click Enroll Now
3. Follow the instructions to enroll. You will need:
   * First and last name
   * Date of birth
   * Email address or this **PatientlD** - 7793062

### Email Invitation

If you provided an email address during registration you should have received an invitation to enroll in the myNedStar patient portal.

* From within the invitation, click the link under Option 2. You will need your date of birth along with this PatientlD - 7793062 to complete enrollment.

NedStar Health is dedicated to helping improve your overall health care experience by providing conVenient, streamlined resources to help you better manage your health. We now offer the ability for you to securely connect some of the health management apps you may use(i.e. fitness trackers, dietary trackers, etc.) to your health record. Email us at [mymedstar@medstar.net](mailto:mymedstar@medstar.net) if you are interested. Once we receive your request, NedStar Health will work with the appropriate vendors to determine if they meet the technical requirements in order to establish a secure connection.

If you have questions or need assistance creating your account, please contact myMedStar support toll free at 1-877-745-5656, 24 hours a day, 7 days a week.

# Education Materials

MedStar Health

**Discharge Instructions for Patients Who Test NEGATIVE for COVID-19**

You were tested for COVID-19. Your COVID-19 test results were **negative.** Your symptoms are consistent with a viral respiratory illness and we do not think you have COVID-19. Prevent the spread of viral illnesses with the following actions until you are fever-free **(without medication) for 24 hours** and your symptoms have improved:

* Wash your hands often with soap and water for at least 20 seconds, especially after poing to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
* Stay home when you are sick and until fever free for a minimum of 24 hours without medicine like Tylenol, Motrin, or Advil.
* Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
* Disinfect frequently touched surfaces.
* Avoid sharing personal household items, such as dishes, drinking glasses, cups, eating utensils towels, or bedding with other people or pets. After using, wash them thoroughly.

Sometimes, COVID-19 tests are falsely negative, meaning that the test didn’t pick up enough virus to turn positive. This is more likely with a nasal swab (a shallow sample along the inside of your nose) than with a nasopharyngeal swab (a deep swab into the sinuses). If you develop worsened or new symptoms, or have not improved within 48-72 hours, call your doctor right away or schedule a same-day eVisit (MedStarHeaIth.org/eVisit) to discuss getting re-evaluated. These include:

* Sudden loss of taste or smell
* Worsening shortness of breath or cough
* Fever
* Runny nose/nasal congestion
* Flu-like symptoms (headache, shaking chills, sore throat, body aches)
* Signs of severe illness (not urinating as much as usual, dizziness, lightheadedness, confusion, extreme fatigue)

Information regarding COVID-19 is subject to change as more is discovered about this disease. Please refer to the CDC website for updating information.

[https://www.cdc.gov/coronavirus/2019-ncov/about/index.html](http://www.cdc.gov/coronavirus/2019-ncov/about/index.html)

12:50 PM EST}

POC COVID-19 Negative Comment: Negative results do not preclude SARS CoV-2 infection and should not be used as the sole basis for patient management decisions. (11/16/20 12:50 PM EST)

11/16/2020 12:49

Oxygen Level: 98%