



Member name: Yuna J Sugaya
Date of birth: 11/23/2016
Gender: U
Primary care physician:
Date printed: 2/8/2022

Below are your test results shared with you by your doctor or health care provider.

For general information about a test procedure, click the "About this test" link above.

To see more information about a test result, select the "Details" tab. To compare test results over time, click "Past results" or "Graph of past results."

Minor abnormalities of test results are not unusual and may not be significant. They are subject to the interpretation of your health care practitioner.

Results

Name: Yuna J Sugaya
Date of Birth: 11/23/2016
Collected: 2/7/2022 12:03 PM
Source: Nasal Swab
Resulted: 2/8/2022 12:06 PM

Resulting Lab: SHERMAN WAY REGIONAL LABORATORY
CLIA Number: 05D1053346

COVID-19 PCR Result

Your COVID-19 PCR test result was **POSITIVE**. Learn what this means below.

Your test showed that you have the COVID-19 infection. While this is not what you wanted to hear, most people have mild symptoms and can recover at home without any medical care. However, it's best to play it safe and be prepared.

NOTE: To support you during the self-isolation period, **letters for work or school for you and your caregiver will be sent to you electronically**. You can access them [here](#) after they are sent to you. From a web browser, you can also print this positive result record to share with your school or employer for specific isolation guidance. You do not need to contact your doctor for an off-work or off-school note.

To care for yourself, please follow the instructions below unless your doctor or care team have given you specific instructions.

When to Seek Care

Call 911 or go to the emergency room if you experience any of the emergency warning signs for COVID-19:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

If you have any other symptoms that are severe or concerning to you that are not on this list, please call your care team at **1-833-KP4CARE (1-833-574-2273) (TTY 711)**.

To protect your friends and family from getting this illness, we recommend the following:

When to Stop Isolating

If you have felt ill, you can discontinue self-isolation

- After it has been at least 5 days since your symptoms started,
- There are no fevers,
- Other symptoms have improved, **AND**
- A negative diagnostic test (such as a home antigen test) was collected 5 days or more after your symptoms began.
 - If you are unable to retest or choosing not to retest, and symptoms are not present or are resolving, self-isolation can end after day 10.
- If you still have fevers, isolation should be continued until fevers resolve.
- If other symptoms are not resolving, continue to isolate until symptoms are resolving or until after day 10 since the symptoms started.
- You should wear a well-fitting mask around others for 10 days.

If you have never felt ill, you can discontinue self-isolation

- After it has been at least 5 days since you tested positive, **AND**
- A negative diagnostic test (such as a home antigen test) was collected 5 days or more since you tested positive.
 - If you are unable to retest or choosing not to retest, self-isolation can end after day 10.
- You should wear a well-fitting mask around others for 10 days.

If you are a healthcare worker, please contact your employer for further guidance as the isolation requirements may differ from above.

Stay at Home and Isolate from Other People

- Stay at home as you are likely contagious. Do not leave your home, except to get medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.
- While you're at home, try to keep air flowing through your house with open windows if that's possible.
- It's important to keep yourself separated from other people in your home. If possible, stay in a different room and use a separate bathroom from them. Do not share towels or utensils with other people. If you have to be in a room with others, everyone including you should wear a mask.
- We have a team of specialists to help you during this tough time. Call our Household Prevention Program at **1-800-394-2279** and get helpful tips about recovering at home

and how to prevent further spread of the virus in the community. You may also be eligible for a free kit of masks, sanitizers and other supplies for your household.

Wash Hands Often

- Everyone in the home should keep their hands clean. Wash hands often and thoroughly, using soap and water for at least 20 seconds or hand sanitizer with at least 60% alcohol. Avoid touching eyes, nose, and mouth with unwashed hands.
- When coughing or sneezing, cover your mouth and nose with a tissue or your sleeve to prevent spreading germs to others. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water after use.

Disinfect Your Home

- For common areas: High-touch surfaces in household common areas, like tables, doorknobs, lights switches, remote controls, toilets and sinks should be cleaned and disinfected daily.
- For your dedicated bedroom/bathroom: Reduce how often someone cleans your living space to minimize the chance of them being infected.

If you still have questions, you can get up-to-date information about COVID-19 at kp.org/coronavirus where you can find answers to the top questions members ask.

We know that testing positive for COVID-19 can cause anxiety or worry, which can have an impact on your mental health and recovery. We offer a broad range of tools to help you cope with stress, sleep well, and more at kp.org/selfcare.

We're here for you. Take good care of yourself and continue to monitor your health.

General Information

Ordered by: SCAL E-VISIT, PROVIDER (M.D.)
Collected: 2/7/2022 12:03 PM from Nasal Swab
Resulted: 2/8/2022 12:06 PM

Additional Information

Order Number: 1848341928

Status: Final result

Result Comment:

NAA (Nucleic Acid Amplification) assays are the primary molecular diagnostic method for SARS-CoV-2 viral RNA detection (also known as RT-PCR or TMA).

This test is only for use under the Food and Drug Administration's Emergency Use Authorization (EUA).

Test results are for the identification of SARS-CoV-2 RNA, which may be detectable in samples submitted during the acute phase of infection.

Positive / Detected. SARS-CoV-2 RNA present.

Negative / Not Detected results for SARS-CoV-2 do not rule out COVID-19 infection and should not be used as the sole basis for patient management.

Negative / Not Detected results must be combined with other information such as patient history, clinical observations and epidemiology. Resubmit if

clinically indicated.

Presumptive Positive. Not all COVID-19 targets detected. Consider the test POSITIVE if there was a high pre-test probability of COVID-19 infection. Consider repeat testing if clinically indicated.

Inconclusive

. Not all COVID-19 targets detected. Consider repeat testing if clinically indicated.

For “Invalid” results a new specimen needs to be obtained for retesting.

This test is only authorized for the duration of the declaration that circumstances exist justifying the authorization of the emergency use of in vitro diagnostic tests for detection of SARS-CoV-2 and/or diagnosis of COVID-19 infection.

Resulting Lab: SHERMAN WAY REGIONAL LABORATORY