



## COVID-19 Operating Policy

Wander Medicine

Updated: January 29, 2021

Wander Medicine is offering laboratory and rapid testing for COVID-19. Testing does not require a physician prescription and is available to anyone interested. Our rapid tests have results within 10 minutes. For laboratory testing, Wander Medicine will call you back as soon as we have the results, typically in 24 to 72 hours. Please note that all of the below tests are the subject of active research. Much remains to be understood about COVID-19 testing and the virus in general. We currently offer RNA, antigen, and antibody testing per below.

**Due to the increased demand for COVID-19 testing, we ask that you please book online. Our online booking has the most up-to-date availability, please [click here to schedule](#). If you are not sure which test is right for you, choose one test at the time of booking and we can discuss your options at the appointment. In order to reduce the spread of infection, we ask that you pay for your test prior to testing via our online portal. We will not test you until payment has been received, please [click here to pay](#). If you schedule an appointment and do not show up, a \$20 no-show fee will be charged.**

### COVID-19 Testing Available at Wander Medicine:

We are offering testing for COVID-19. Testing does not require a physician prescription and is available to anyone interested. Please note that all of the below tests are the subject of active research. Much remains to be understood about COVID-19 testing and the virus in general. We currently offer RNA, antigen, and antibody testing per below.

**Please see our [website](#) for up to date availability and pricing. Click [here](#) to schedule an appointment.**

**NOTICE: All laboratory tests collected after 3pm will be sent out the following day. WE CANNOT CONDUCT LABORATORY COVID-19 TESTING ON WEEKENDS. We apologize for the inconvenience.**

1. Drive-thru COVID-19 RNA PCR test: This tests for active infection. If you currently have symptoms, this is the test you need. Obtaining the lab specimen is easy and requires no needles. It is performed by a nasal swab (sticking a cotton swab in your nose to collect mucous). We will test you inside your own vehicle in the parking lot on the west side of the clinic building. We ask that you isolate yourself until we call you back with your results in 24-48 hours.
2. Rapid COVID-19 Antigen test: This tests for an active infection, and will have results within 10 minutes. Note: this test is less accurate than our PCR test and is not recommended for those traveling.



3. Rapid COVID-19 IgM & IgG Antibody test: This tests for a previous exposure, and will have results within 10 minutes. Note: this test is less accurate than our laboratory antibody test.
4. COVID-19 IgM & IgG antibody tests: This laboratory screening test includes the IgM & IgG antibodies. IgM is often the first antibody made by our bodies following infection and typically becomes detectable 10-14 days after exposure. IgG antibodies typically become detectable about 1 month after exposure. Antibody tests require a blood draw.
5. COVID-19 IgG Spike antibody test: This laboratory test screens for the presence of IgG antibodies that are able to attach to the spike protein on the surface of the COVID-19 virus. Presence of these antibodies can help evaluate an individual's immune response to vaccines.
6. COVID-19 test referral: We can refer you to get tested at our local laboratory partner, Cole Diagnostics.

**Arrival:**

1. At this time, we will be conducting all of our COVID-19 PCR tests and rapid COVID-19 antigen tests outside. If you have scheduled one of these tests, please drive into the first carport on the west side of the building. Call 208-342-1129 and we will come outside and test you in your car.
2. Those that would like a COVID-19 antibody test and have no current symptoms and have not been exposed in the last 14 days can be tested inside the clinic. We require anyone entering the clinic to wear a face covering or mask. Please call 208-342-1129 when you have reached the parking lot. A Wander Medicine staff member will open the door and test you inside.

**Departure:**

1. Use hand sanitizer before getting back in your car and wash your hands immediately when you get home or back to work. Limit the items you touch and do not touch your face until you wash your hands. Leave your mask on until you wash your hands.

**Clinic Rules in the COVID-19 Era:**

1. In order to limit the amount of people in the clinic, no guests or family are allowed in the clinic. This includes children. We apologize for this inconvenience.
2. We require anyone entering the clinic to wear a face covering or mask.
3. Limit the items you touch while in the clinic to only what is necessary.
4. Respect others by staying 6 feet apart from anyone else in the clinic.
5. The Wander staff will be sanitizing used equipment and materials between appointments along with clinic cleanings every night.



### Up to Date COVID-19 Information:

- **Centers of Disease Control (CDC):**  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **World Health Organization (WHO):**  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- **City of Boise:**  
<https://www.cityofboise.org/departments/mayor/coronavirus-covid-19-information/>

If this is a **medical emergency**, please dial **911** or go to your nearest emergency department.

Thank you so much for choosing Wander Medicine. Stay safe, stay healthy, and stay brave Boise! -- The Wander Medicine Team

## **SARS CoV-2 (COVID-19) Fact Sheet**

**Wander Medicine**

**Updated: December 12, 2020**

### **Basics**

- COVID-19 is a small RNA virus that is very infectious. The virus likely spread from animals to humans sometime in 2019, but the exact species is debated at this time. It is spread by respiratory secretions, stool, vomit, and contact with infected people. It may even be air-borne, meaning it floats in the air around infected people.
- Most people have a mild illness. Others can become very sick with respiratory issues, particularly late in the illness. Fever, chills, cough, chest discomfort, congestion, fatigue, gastrointestinal disturbances, and loss of taste and smell are some of the most commonly reported symptoms.
- Those with health issues like COPD, heart failure, and diabetes as well as individuals older than 70 years, typically have the most severe symptoms.
- Staying 6 feet away from other people, wearing a mask that covers your mouth and nose, and washing your hands frequently are good strategies to avoid infection.

### **Infection**

- COVID-19 typically causes infection 2-7 days after exposure (averages 5 days). Sometimes, infection can begin as many as 14 days after exposure. Many people will never develop symptoms.
- Symptoms typically last 2-10 days.
- People who become seriously ill typically do so late in the illness, usually after 7 to 10 days of symptoms. For these sick individuals, COVID-19 may last weeks and even months due to an immune response.



## **Quarantine**

- People exposed to COVID-19 infected individuals should quarantine for 10 days, or get tested with the COVID-19 PCR (nasal swab), ideally 3-7 days after exposure.
- If a person exposed tests negative, but then develops symptoms within a 14 day period, they should either quarantine or re-test. Quarantine should continue until symptoms have completely resolved and at least 10 days have passed since the initial symptoms began.
- If an individual lives in the same household with other COVID-19 infected individuals, we recommend a 10 day quarantine from the first exposure or start of symptoms. There is no need to test, as infection is very likely in this situation.
- If you have had a confirmed COVID-19 infection, Wander Medicine does not recommend re-testing unless you develop symptoms following a subsequent exposure. Sometimes tests can remain positive for weeks to months after infection has resolved. Such individuals are not considered infectious.

## **Treatment**

- No targeted treatments or vaccines are currently available in the US for individuals infected with COVID19 that are not hospitalized. Remdesivir is a medication sometimes used for hospitalized patients, but unfortunately it does not work very well.
- Treatment is largely supportive. This means infected individuals should rest, stay hydrated, and use medications like acetaminophen (Tylenol) and ibuprofen to help with symptoms. Later in the illness, a steroid medication like dexamethasone, can be helpful for those experiencing breathing problems.
- Sometimes symptoms may become more severe causing profound breathing problems, blood clots, and even heart attacks. This is very rare in younger, healthy individuals. Most older people will not develop a serious illness either. If your illness becomes severe, you should go to the emergency department immediately.
- Several vaccines are now in the final stages of development and are expected to be available starting in 2021. The first round should roll out in 2020, but will likely be given exclusively to healthcare workers on the front lines.

## **Epidemiology**

- It is unclear how many people in the US have been infected. Over 25.8 million people have tested positive for the virus and approximately 433,000 people have died as of 1/29/2021.
- It is suspected that many more people have been infected than is currently reported.



- Individuals with sedentary and unhealthy lifestyles are at a higher risk for increased complications with COVID-19. If you struggle with staying active and eating healthy foods, Wander Medicine would be happy to assist. Contact us for more information.
- Less than 3% of those infected will require hospitalization. Less than < 0.5% of people will die from COVID19 (These numbers are changing constantly). Most individuals will not develop a serious illness.