



**PERSONAL
HEALTH
PARTNERS**

918-872-9499



◇ We can help you figure out what tests are best for your situation & symptoms

Did you know.....

Viruses can be killed by various means:

- Adequate hand washing with soap & water. This breaks down the outer fatty layer of the virus cell
- Sanitizing gel & liquids with at least 60% alcohol content
- UV Light—not to be used in excess due to the potential of skin damage
- On surfaces: a mixture of 1 to 10 bleach to water or commercially prepared cleaners designed for that purpose



Partner's Health Page

Special Issue * Eat Rite Fall 2020

Eat Rite Lab Testing Event

Monday October 5th & Tuesday October 6th 7:30—10 am

2425 W I-40, Amarillo, TX 79109

To sign up call: (806) 353-7476

Testing will be performed by **Personal Health Partners**. Results will be delivered directly to you to share with your health care provider; or for your personal use.

PLEASE WEAR YOUR MASK WHEN HAVING YOUR BLOOD DRAWN

COVID-19 Which Test is for You?

You may be very confused by the amount of information being thrown at you from all directions about the testing that should be performed for the COVID-19 virus. Lab tests for all conditions can be perplexing, even for those in the medical field.

Hopefully, this simple explanation will help you decide what your actions should be in relation to physical distancing, dining out, working, or participating in activities where you may be exposed to others.

This is what we know:

- ◆ People can have this virus without even knowing they do
- ◆ Many people never develop a fever or take medications that can mask it
- ◆ It is spread through close contact with secretions from the respiratory tract of a person who is infected
- ◆ A person who has the virus in their nose or mouth can cough or sneeze and transmit large quantities of virus for-

ward in the air. It then falls onto surfaces & other people

- ◆ The virus can survive for a time on surfaces that you may touch; and then touch your eyes, nose or mouth

Testing:

- ◆ When people have suspected, active disease they should be tested with **SARS-COV-2 by RT-PCR Test**
- ◆ When people are recovering from active disease they should be tested with **SARS-CoV-2 IgM Serology Test**
- ◆ Those who suspect they may have had the virus before (had a very bad respiratory condition, flu-like symptoms not diagnosed as flu or a bad chest cold), had a very mild case that was diagnosed by symptoms, or have recovered from the disease should be tested using the **SARS-CoV-2 IgG Serology Test**

There are some reasons you want to know this information:

- ◆ It's good to know that you may be protected & can protect others
- ◆ You may want to donate blood to help with research & treatment of others (antibody-rich plasma can be helpful)
- ◆ Knowing about people who have antibodies, helps us know about the general health of our population and can help researchers develop effective vaccines for the future

Wear Your Mask!
If everyone does, we will be protecting each other.

