

Statement of Work for Covid-19 Testing

Work to be provided: Covid-19 Nasal swab testing or Blood sample for IgG testing

Testing candidate: Healthy employees only who do not have recent (last 72 hours)

Fever of 100 degree or more

New Shortness of Breath

New Cough or Sore throat

New Muscle aches/ Myalgia

New Diarrhea or Stomach upset

New Loss of smell or taste

Any employee with a positive symptom will require a virtual visit with medical provider that can be arranged at My Medical Clinic same day if the employee has a smart phone capable of audio and video. Cost of virtual visit for this purpose only with the medical provider will be \$ 69 (sixty-nine) per employee or this can be done through the state Covid clinic or employee primary provider. This will be required before the employee can be tested and he should be off work until cleared for work formally.

Any employee with a positive result will require a virtual visit with the medical provider at MMC and the cost of the visit will be \$ 69 per employee (This is required if there is a positive result)

All negative results will be reported as soon as available.

For any person who has had prior positive Covid test results requires 2 negative nasal swab testing separated by 24 hrs. per CDC guidelines for clearance and will require more detailed counseling and return to work planning compared to asymptomatic patients who test negative.

Detailed information on testing: The nasal swab is a RT PCR test from a swab sample taken from the nose and helps to detect active infection. If the test is negative it means the person currently does not have an active infection. If positive, then it means they are highly infectious and should stay off work in quarantine until medically advised. This may help detect asymptomatic carriers.

IgG testing is blood sample testing that would detect prior infection and recovery of a person who is immune based on information as of date. Medical community understanding of the COVID disease is still evolving and things may change in future based on new data.

A Negative nasal swab test: No current infection (low risk for other) (high risk of new infection unless IgG is positive too)

A Positive nasal swab test: active/ current infection (high risk for others, stay off work till cleared)

A Positive IgG test: past infection and has recovered (low risk for others) (low risk of new infection)

No testing is 100% guaranteed as tests have inherently rates of false-positive and negatives. Currently, it is prudent to continue safe practices as per CDC guidelines for both work and home for the safety of the employee, his fellow workers, his family, and his community at large.

If any questions, then please connect with MMC Medical Director for additional guidance.

If the employee develops any of the cardinal symptoms of Covid infection like new fever, shortness of breath, cough or sore throat , muscle aches, diarrhea or loss of smell/ taste, they should contact their employer on phone and get checked out either by the state programs or through their primary care provider or call MMC for a virtual visit available at a low cost to you.

A negative testing for RT PCR or IgG does not protect you against new Covid infection which can happen anytime whether at work or outside. Employees need to continue practicing current recommended guidelines all the time as much as possible but specifically the following:

Use face mask to cover your nose and mouth when outside your home and in public places but especially when you are in any closed environment or less than 12 feet from other people. Frequent Hand washing or hand sanitizer usage. Stay away from public or work if you are feeling sick and contact your medical provider.

Businesses can utilize My Medical Clinic Medical Director consulting services for their Covid safety planning. Please contact the clinic for our virtual Medical Director Covid consulting package.

By accepting to get tested with the nasal swab RT PCR test you agree that you understand the limitation of the test and that some infection may still be missed as it is not 100% accurate.

Initials:

A Negative nasal swab test: No current infection (low risk for other) (high risk of new infection unless IgG is positive too)

A Positive nasal swab test: active/ current infection (high risk for other, stay off work till cleared)

A Positive IgG test: past infection and has recovered (low risk for others) (low risk of new infection)

Follow up with medical provider is required for a positive test as it may require quarantine and other measures and will also be reported to Minnesota Department of Health for contact tracing and other public health and safety measures.

Signature and date:

P.S. If you are on our Employer Health and wellness plan, Virtual or in Person visit with medical provider is available at \$ 5 per employee with health insurance and \$20 per employee without health insurance. Please inquire if interested in additional details on our wellness program.