




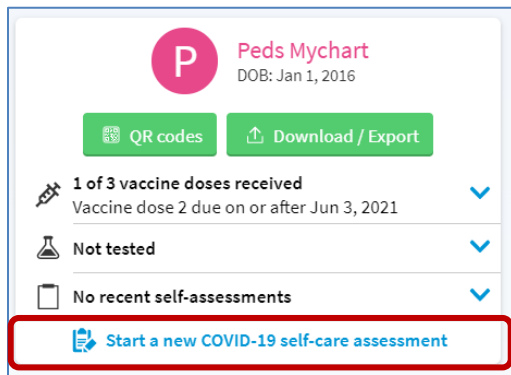
COVID 19 Self-Care Assessments in MyChart

Quick Tips

Patients can view COVID-19 vaccination and testing information and submit Self-Care Assessments under the COVID 19 menu in MyChart. This menu is available on web and mobile.

Here's how to do it:

1. From the  **COVID-19** menu in MyChart, patients can start a new **COVID-19 Self-Care Assessment**.



2. The COVID-19 Self Care/ Symptom Monitoring questionnaire displays.

Covid-19 Self Care/ Symptom Monitoring

We recognize that people have a lot of questions about what they should do if they have been exposed, are experiencing symptoms or need a COVID-19 test. At Ochsner, we are here to help guide you through this process and have developed a COVID-19 Self-Care and Symptom Monitoring Program.

- **At-home testing:** We strongly recommend at-home testing, whether you are experiencing symptoms or want peace of mind knowing your COVID status. At-home tests can be purchased at major retailers such as Walmart, Amazon, Walgreens, and CVS. Some local health departments are also giving away at-home testing kits to residents. Check your city's health department website for availability. The rapid at-home test kits are reliable, and many are the same tests Ochsner utilizes in various healthcare settings.
- **COVID-19 Self-Care Assessment:** Please complete the form below. If you qualify, you will be automatically registered into our COVID-19 Self-Care and Symptom Monitoring Program. If your symptoms worsen, our care team will be there to guide you on next steps and treatment options.

This tool is not intended for the diagnosis or treatment of disease or other conditions, including COVID-19. If you are experiencing a life-threatening emergency, please call 911 immediately. This tool does not replace the judgment of healthcare professionals or the performance of any clinical assessment and does not act as a substitute for qualified medical advice.

* Indicates a required field.

* Are you currently experiencing any of the following symptoms?
Select all that apply. You may need to hold the Ctrl key to select multiple responses.

Chills	Cough	Coughing phlegm	Diarrhea	Difficulty breathing	Fatigue	Fever	Headache	Loss of appetite
Muscle pain	New loss of taste or smell	Runny nose	Vomiting	Other	Not experiencing any symptoms			

* Have you been tested for COVID-19?
 Yes No

* In the last 14 days, have you had close (within six feet) contact with a person who is positive for COVID-19?
 Yes No Unsure

* Do you live with somebody who is confirmed or suspected to have COVID-19 in the last 14 days?
 Yes No



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3. Patients complete the assessment.

- Patients who attest to a positive COVID-19 test are automatically added to the Symptom monitoring program.
- Patients who are not positive will receive resources for home care and contact information if symptoms are worsening.

Self-assessment complete - One or more symptoms and COVID-19 exposure reported (1 hour ago) ^

Continue to monitor your symptoms. If you are concerned about your symptoms or COVID-19 exposure, contact Ochsner On Call at 1-800-231-5257. If symptoms are severe or become severe, call 911.

 [Start a new COVID-19 self-care assessment](#)

4. Patients can enter in multiple assessments and view their past assessment history.

Past COVID-19 Self-Care Assessments		
<input checked="" type="checkbox"/>	One or more symptoms and COVID-19 exposure reported	December 22, 2021 →
<input checked="" type="checkbox"/>	Positive test reported	December 22, 2021 →
<input checked="" type="checkbox"/>	Positive test reported	December 22, 2021 →
<input checked="" type="checkbox"/>	One or more symptoms and COVID-19 exposure reported	December 22, 2021 →