

We're Here for You

Our providers, nurses, and health system are here for you.

If you have questions, concerns, or feel your symptoms are worsening, call us right away.

- **Regional Medical Center: 563-927-3232**
Open 24/7
- **Regional Family Health: 563-927-7777**
Manchester: M-F 7AM-5PM Urgent Care: M-F 4-7PM and Sat-Sun 8AM-1PM
- **Delaware County Public Health: 563-927-7551**
M-F 8AM-4PM

WATCH FOR WARNING SIGNS THAT YOU NEED TO CONTACT YOUR HEALTHCARE PROVIDER

If someone has any of the following symptoms, they should seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone



DIFFICULTY
BREATHING



PRESSURE
OR CHEST
PAIN



BLUISH
LIPS OR
FACE



CONFUSED
OR HARD
TO WAKE



OTHER
SERIOUS
SYMPTOMS

At-Home SHL Tests

Follow detailed instructions in the test kit to collect the saliva sample.

NOTE: This is not a rapid test. Results are typically available via email in 3-5 days. Your healthcare provider will not have these results. They are emailed to you.

HOW TO RETURN SALIVA SAMPLE

Mail via UPS to the State Hygienic Lab

- GNB Bank in Manchester has a UPS Drop Box outside of their building.
- Find alternate UPS Drop Off locations at [ups.com/dropoff](https://www.ups.com/dropoff)

Delaware County Public Health Drop Off Site (Monday-Friday 8AM-4PM)

- Go to the RMC East Office Building, 613 W Main St, Manchester.
- Wear a face mask. Ring the doorbell and inform staff you are dropping off a test kit to send out.
- For same-day delivery to the SHL for processing, you must drop off your kit by 12PM. If the sample is dropped off after 12PM, your test will go to the SHL the following day.

SHL Drop Off Site (Monday-Friday)

- To expedite the testing process, you can drop off your completed at-home test to a drop-off site.
- Hours and drop-off times vary by site. Review site drop off hours at [testiowa.com](https://www.testiowa.com) to ensure same-day delivery to the State Hygienic Lab.

Black Hawk County: Peoples Community Health Clinic, 905 Franklin Street, Waterloo

Linn County Public Health: 1020 6th Street Southeast, Cedar Rapids

Johnson County Public Health: 855 South Dubuque Street, Iowa City