

CHS Blue Ridge COVID Testing Guidelines

URGENT CARE HOURS BACK TO NORMAL

Blue Ridge Urgent Care in Morganton, McDowell Express Care in Marion, Valdese Express Care in Rutherford College and Lenoir Express Care in Lenoir **are back to normal hours:**

Monday - Saturday 8 a.m. to 8 p.m. and on Sunday 2 p.m. to 8 p.m.

Cajah's Mountain Express Care in Cajah's Mountain **will be open Monday through Friday 8 a.m. to 8 p.m., Saturday 9:00 a.m. to 2:00 p.m. and Sunday 1:00 p.m. to 5:00 p.m.**

FOR COVID TESTING, CHS BLUE RIDGE IS ASKING THE PUBLIC TO FOLLOW THESE GUIDELINES:

- 1. IF YOU HAVE A PRIMARY CARE PHYSICIAN** in the Blue Ridge Medical Group network, please call the office for an appointment to get tested with or without symptoms. *(List of practices below.)*
- 2. IF YOU DO NOT HAVE SYMPTOMS**, but would like a COVID test, please go to Urgent Care or an Express Care. *Table Rock Family Medicine in Glen Alpine will continue to offer testing for anyone who walks in through February 12.*
- 3. IF YOU HAVE HAD A KNOWN EXPOSURE** to someone with COVID and do not have symptoms, wait 4 to 7 days before getting a test then go to go to Urgent Care or an Express Care. *Table Rock Family Medicine in Glen Alpine will continue to offer testing for anyone who walks in through February 12.*
- 4. IF YOU HAVE COVID SYMPTOMS**, please go to Urgent Care or an Express Care for testing but stay in your car and follow check-in instructions on signage. *(Addresses listed below.)*

Blue Ridge Medical Group Primary Care Practices:

- Cajah's Mountain Medical Associates
- Drexel Medical Practice
- Family Medical Associates - Morganton
- Lenoir Family Medicine
- McDowell Medical Associates - Marion
- McDowell Medical Associates - Nebo
- Mountain Valley Health Clinic
- Rutherford College Medical Care Center
- Table Rock Family Medicine
- Valdese Medical Associates

Blue Ridge Urgent Care

695 Fleming Drive
Morganton Heights
Shopping Center
Morganton, NC 28655
Phone: 828-580-3278

Cajah's Mountain Express Care

1766 Connelly Springs Road
Lenoir, NC 28645
Phone: 828-728-8224

Lenoir Express Care

1208 Hickory Blvd. SW
Lenoir, NC 28645
Phone: 828-580-4653

Marion Express Care

2293 Sugar Hill Road
Marion, NC 28752
Phone: 828-652-8727

Valdese Express Care

730 Malcolm Blvd., Suite 150
Rutherford College NC 28671
Phone: 828-580-7387



Carolinan HealthCare System
Blue Ridge