

HOME CARE INSTRUCTIONS FOR NOVEL CORONAVIRUS (COVID 19) (NON SYMPTOMATIC)

If you **do not** have any symptoms and *may* have had contact with someone with COVID-19:

- 1) Practice social distancing by staying at least 6 feet from other people. That includes not attending places where there are large gatherings such as events, places of worship, or museums.
- 2) **Stay away from people at greater risk of becoming severely ill. That includes people >60 years of age with multiple medical problems and people who are immunocompromised.**
- 3) Discourage children and teens from gathering in other public places while school is dismissed to slow the spread of COVID-19 in the community.
- 4) Practice good hand hygiene and cover your coughs and sneezes. Frequently clean high use surfaces. Do not share household items.
- 5) Monitor your symptoms. If you do develop symptoms, stay home. Contact your doctor if you have questions about your care.

HOME CARE INSTRUCTIONS FOR NOVEL CORONAVIRUS (COVID 19) (SYMPTOMATIC)

Patients with fever and cough and or shortness of breath:

- 1) Stay home except to get medical care. Do not go to work, school, or public areas, and do not use public transportation, ride-sharing, or taxis.
- 2) Separate yourself from other people and animals in your home.
- 3) If possible, use a separate bathroom.
- 4) Wear a facemask to prevent spreading germs to others, if you must be in the same room as others.
- 5) Although there have not been reports of pets becoming sick with COVID-19, you should also avoid contact with animals or pets while you are sick.
- 6) Call ahead before visiting your doctor and tell them that you have or may have COVID-19 so they can prepare for your visit and take steps to keep other people from being exposed or infected.
- 7) Cover coughs and sneezes, cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash hands with soap and water for at least 20 seconds.
- 8) Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available and if hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- 9) Avoid sharing household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people or pets in your home. These items should be washed thoroughly after use with soap and warm water.
- 10) Monitor your symptoms. If illness gets worse (e.g., trouble breathing, pain in chest), get medical care right away. Before you visit a clinic or hospital, call your healthcare provider and tell them that you have, or might have, COVID-19. This will help your provider take steps to keep other people from getting infected.
- 11) If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for, COVID-19. If possible, put on a facemask before emergency medical services arrive.

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,

- At least 7 days have passed *since symptoms first appeared*.