



COVID-19 Home Instructions

COVID-19 is a viral illness that cannot be treated with antibiotics or antivirals, and there is no vaccine. Symptoms are fever, cough, and shortness of breath that can last 2-4 weeks. Some people will have sore throat, body aches, or diarrhea. It is spread through person to person contact or by touching objects and surfaces that are contaminated with the virus and then touching your mouth, nose, or eyes. If you are experiencing any symptoms, it is important that you “self-isolate”, meaning stay home and do the following:

- Stay home, get rest, and drink plenty of healthy fluids (like water, Gatorade).
- Take Tylenol (acetaminophen) pain relievers, fever reducers, decongestants or cough medicine to manage symptoms. Avoid NSAID's (Advil, Motrin, and Aleve). Call your PCP first if you have chronic health conditions before you take these medications.
- Do not go to work/school/public areas.
- Avoid public transportation/ride-sharing/taxis.
- Separate yourself from other people and animals in your home.
- Use a separate bathroom if available.
- Cover your coughs and sneezes with a tissue.
- Wear a facemask when around other people.
- Avoid sharing personal household items (cups, dishes, utensils, towels, bedding)
- Clean your hands often either with soap and water for 20 seconds or an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Clean high-touch surfaces every day (counter, tables, doorknobs, toilet, computer, etc.)

We ask that you check your temperature and monitor your symptoms daily. Seek prompt medical care if your illness is worsening. Complications of the illness include pneumonia, organ failure, and in some cases death. Severe symptoms include:

- Shortness of breath or difficulty breathing (feeling like you can't get enough air or are gasping, unable to speak without stopping for air, feelings of distress).
- Weakness, dizziness, or chest pain.

If you are experiencing any of these symptoms, please call your primary care office **BEFORE** seeking care, or call 911 if it is a medical emergency. Inform your PCP office or 911 dispatcher that you are on self-isolation for possible COVID-19 and have worsening symptoms. Please put on a facemask before entering the facility. These steps will help reduce possible transmission to other people.

When do I no longer need to stay home and “self-isolate”?

People who have stayed home (self-isolated) can stop isolation under the following conditions (*must meet all three conditions*):

1. You have had no fever for at least the last 72 hours (that means three full days of no fever without the use of fever-reducing medication)

AND

2. Other symptoms have improved (for example, when your cough or shortness of breath gets better)

AND

3. At least 7 days have passed since your symptoms first appeared.

Please contact your primary care provider (PCP) if you have any questions.