Coronavirus Disease 2019

COVID-19

Instructions for people who have COVID-19

If you are sick and have been diagnosed with COVID-19 or are suspected to have COVID-19 because you have been exposed to someone who has it, follow these steps to help prevent the disease from spreading to people in your home and community. This includes people who have confirmed, presumptive positive, or suspected COVID-19.

SYMPTOMS AND POSSIBLE EXPOSURE

The most common symptoms of COVID-19 are fever, cough, and shortness of breath. If you have been exposed to someone with laboratory confirmed COVID-19 or live in an area with ongoing, widespread community transmission and are experiencing fever, cough or shortness of breath, you might have it, too.

If you have a condition that may increase your risk for a serious viral infection, call your health care provider's office and ask if you need to be evaluated in person. They may want to monitor your health more closely or test you for COVID-19 and other respiratory infections like influenza. This is especially important if you are at high risk for getting very sick for COVID-19. Higher risk groups include:
- Older people (over age 60), especially those over 80 years.
- People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.
- Older people with chronic medical conditions are at greatest risk.

If you do not have a high-risk condition and your symptoms are mild, you may not need to be evaluated in person or tested for COVID-19. Call your healthcare provider or a nurse line for guidance on the need for testing. There are currently no medications to treat COVID-19.

IF YOU HAVE TESTED POSITIVE OR ARE SUSPECTED TO HAVE COVID-19

Stay home, except to get medical care.
- If you have a medical appointment, call ahead and let them know you have or may have COVID-19, so the office can take steps to protect other people. Otherwise:
  - Restrict activities outside your home.
  - Do not go to work, school, or public areas.
  - Avoid using public transportation, ride-shares, or taxis.

Separate yourself from other people and animals in your home.
- As much as possible, stay in a specific room and away from other people in your home.
- Use a separate bathroom if available.
- Have another member of your household care for your pets. If you must care for your pet, wear a face mask, and wash your hands before and after you interact with your pet.

○ Although there have not been reports of pets or other animals becoming sick with COVID-19, it is best for people sick with COVID-19 to limit contact with animals until we know more about the virus.

If possible, wear a face mask when you are around other people or pets, and before you enter a health care provider's office.
- If you are not able to wear a face mask, then people who live with you should not be in the same room with you, or they should wear a face mask if they enter your room.

Practice actions that protect others
- **Clean your hands often**
  - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Soap and water is preferred if hands are visibly dirty.
- **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- **Cover your coughs and sneezes**
  - Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away. If a tissue is not available, use your inner elbow or sleeve.
  - Immediately clean your hands (see above).
- **Avoid sharing personal household items**
  - Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
  - After using these items, they should be washed thoroughly with soap and water.
- **Clean surfaces every day**
  - Clean "high touch" surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
  - Clean any surfaces that may have blood, stool, or body fluids on them.
  - Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

Monitor your symptoms
- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your health care provider and tell them that you have, or are being evaluated for, COVID-19. Put on a face mask before you enter the facility.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID-19. If possible, put on a face mask before emergency medical services arrive.

Discontinuing home isolation
- If you tested positive for COVID-19, remain under home isolation precautions for 10 days after your symptoms start or 10 days after you are discharged from the hospital, even if you are treated with antiviral medications.
- If you have fever, cough or shortness of breath but have not been exposed to someone with COVID-19 and have not tested positive for COVID-19, you should stay home and away from others until 72 hours after the fever is gone and symptoms get better.