

COVID-19 Patient Instructions

Your healthcare team has determined that you have COVID 19. Sometimes the clinician can decide based on your history and examination. Sometimes a laboratory test is required.

You are responsible for keeping those around you safe. This means:

- **Stay at home.** You should only leave home to get medical care. Do not go to work, school, grocery stores or any other public areas. If you must travel, don't use the bus or ride sharing or taxis.
- **Separate yourself from other people in your home.** Stay in a specific room. Stay away from other people in your home. If possible, use a separate bathroom.
- **Call ahead before visiting the doctor.** If you must get medical care, call to tell them that you may have COVID-19. This will help them keep other people from being exposed.
- **Wear a mask.** If you must be around other people, you should always have a mask on. This includes your home, your doctor's office, and anywhere else you are around others.
- **Cover your cough.** If you must cough or sneeze, cover your mouth and nose with a tissue. Throw used tissues in a lined trash can. Wash your hands right afterwards with soap and water for at least 20 seconds.
- **Clean your hands often.** Wash with soap and water for at least 20 seconds. Do this every time you blow your nose, cough, sneeze, go to the bathroom, and eat or prepare food. If you don't have soap, use an alcohol-based hand sanitizer.
- **Don't share personal items.** Do not share dishes, drinking glasses, cups, utensils, towels or bedding. Wash them well with soap and water after you use them.
- **Clean the surfaces you touch often at least once a day.** Use a household cleaning spray or wipe to clean any surface you may touch. Common surfaces are counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

Monitor your symptoms. COVID can last for 1 to 2 weeks. Most people get better on their own. Use acetaminophen (Tylenol) but not ibuprofen for aches and pains. Drink plenty of fluids.

A few people will get very sick and need to be in the hospital. If you have more difficulty breathing, you need to see a doctor right away. Call before coming into the doctor's office, urgent care or emergency room. Tell them that you have COVID 19. This will help them to keep other people from being exposed. Put on a mask before you go inside.

Before your isolation may end, you must have been isolated for **at least 7 days** AND you must have **at least 3 days without fever**.