

Adult Home Care Instructions for Viral Syndrome and Possible Coronavirus Infection

Your symptoms are consistent with a probable viral respiratory tract infection (viral syndrome). It is possible that the novel coronavirus (COVID-19) is the cause of your symptoms. It could also be the flu or a common cold. Due to the concern of COVID-19 and possible spread, please follow the below instructions.

- 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.** As much as possible, stay in a specific room away from other people in your home. If possible, use a separate bathroom. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others. 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.
- 3. 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.**
- 4. Wear a facemask if one is available.** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask, then people who live with you should not stay in the same room with you, or they should wear a facemask if available when they enter your room.
- 5. Cover coughs and sneezes.** To prevent spreading germs to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve (not your hands). Throw used tissues in a lined trash can, and immediately wash hands with soap and water for at least 20 seconds, or use alcohol-based hand sanitizer if soap and water are not available. You should use soap and water if your hands are visibly dirty.
- 6. Wash your hands often.** Wash 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.
- 7. 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.
- 8. Monitor your symptoms.** If your illness gets worse (e.g., trouble breathing, pain in chest), return to the emergency department or see a healthcare provider for reevaluation right away. Please call the emergency department and tell them you are coming so they can prepare for you visit. 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. Some people with COVID-19 start feeling much worse after approximately a week of symptoms. If you have a medical emergency and need to call 911, notify the dispatch personnel that you are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

These recommendations should be followed until your healthcare provider and/or the health department confirm that you do not have COVID-19 or determine that you are no longer contagious.

