

# Coronavirus Disease (COVID-19)

## What to do if you are sick with COVID-19

- Most people have mild illness and are able to be cared for at home. Get rest and stay hydrated. Tylenol or ibuprofen may help you feel better.
- Stay home! Do not leave your home except to get medical care. Do not visit public areas.
- Separate yourself from other people as much as possible. Stay in a specific room and away from other parts of the house. If possible, you should use a separate bathroom. Wear a mask over your nose and mouth if you need to be around other people in the home. This is called *isolation*.
- Cover your mouth and nose when you cough or sneeze. Wash your hands with soap and water for at least 20 seconds. Alcohol-based hand sanitizer (60% or greater) can also be used.
- Tell your close contacts (see below) that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (2 days) before they have any symptoms or test positive.
- If you have trouble breathing, pain or pressure in the chest, or confusion you should go to the ER immediately.
- A followup appointment should be made with one of our providers to release you from isolation following infection. This appointment can usually be done virtually. If you are a high school athlete, you will need an in-office appointment to be cleared for return to sports.

## How to care for someone with COVID-19

- Follow appropriate quarantine guidelines as outlined below. Parents and family members exposed to someone with COVID-19 should stay home. They should not go to school or work, *even if they have received a negative test*.
- Wear a mask that covers your mouth and nose.
- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Alcohol-based sanitizer (60 % or greater) can be used if soap and water are not available. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Avoid sharing personal household items such as dishes, cups, utensils, towels, or bedding.
- Clean and disinfect all high-touch surfaces daily including phones, remotes, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, and tablets.

## Isolation

- Isolation keeps someone who is infected with the virus away from others, even in their home. When you can end home isolation and be around others depends on different factors for different situations.

*I think or know I had COVID-19 and had symptoms. You can be with others after*

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Other symptoms of COVID-19 are improving. \*Loss of taste and smell may last for weeks.
- If you had a severe illness (were admitted to a hospital and needed oxygen) or have a weakened immune system, you should have follow-up with your healthcare provider regarding ending isolation.

*I tested positive for COVID-19 but had no symptoms.*

- If you continue to have no symptoms, you can be with others after 10 days have passed since the date you had your positive test.
- If you develop symptoms after testing positive, follow the guidance above.

## Quarantine

- Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick. People in quarantine should stay home, separate themselves from others, and monitor for symptoms.
- People who have been in close contact with someone who has COVID-19 need to quarantine. People who have tested positive for COVID-19 within the past 3 months do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again.
- You need to stay in quarantine for 14 days from when you last had contact with the infected individual. You need to quarantine *even if you have a negative test*.
- *If you continue to live with or provide care for someone with COVID-19 (such as a child), your quarantine period does not start until that individual's last day of isolation.*

## What counts as a close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more, even if you were both wearing a mask
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

"What to Do If You Are Sick." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 2020, [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html).

"Isolate If You Are Sick." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 2020, [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html).

"COVID-19: When to Quarantine." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 2020, [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html).