CORONAVIRUS (COVID-19): What to do if you are sick with Coronavirus

If you are currently being evaluated for or have been confirmed to have COVID-19, stay home and separate yourself from other people in your home. As much as possible, stay in a separate, well-ventilated room, use a separate bathroom, and wear a face mask to prevent the spread of the virus. Self-isolation and shelter-in-place orders are public health practices used to protect the public by preventing exposure to people who have or may have coronavirus. If you have coronavirus or think you may have been exposed to coronavirus, it may be helpful to know that you may not have all the symptoms. The biggest problem is that you can still spread the virus, which is why you need to take care of yourself and protect others.

If you have tested positive for coronavirus or suspect you are sick, you should stay at home. There are no antibiotics or medications that treat Coronavirus.

Here are steps to take to help prevent the disease from spreading to people in your home and community.

- Get plenty of rest, drink plenty of fluids, eat healthy foods, and continue monitoring your illness.
- Use a tissue or your sleeve to cover your nose when you cough or sneeze.
- Wash your hands after you cough or sneeze and dispose of the tissue properly.
- Keep your hands clean.
- Wash your hands often with soap and warm water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them until they are dry.
- When possible, open windows to shared spaces for good airflow.
- Turn off central air conditioning and heat.
- Limit your movement throughout the home and remain in your room to minimize interaction with others.

If you need to visit your doctor, call ahead to let them know that you have COVID-19 so they can prepare for your visit. Don't go to work, school and other public places like grocery stores. If you must go out, avoid using public transportation and ridesharing. Avoid touching your eyes, nose and mouth with your hands.

Do not share dishes, glasses, cups, utensils, towels, bedding, clothes, toothbrushes, and other personal items. Wash these items thoroughly with soap and warm water after use. Do not prepare, serve, or share food

with others while you are sick. Ask other household members to prepare food and dish out your portion separately. If possible, designate a set of dishes, glasses, cups, and utensils just for your use.

When possible, do not provide direct care for children while you are still sick. If you must care for children, wear a face mask, wash your hands before interacting with children, and keep your distance as much as possible.

If you have tested positive for coronavirus, you should self-isolate until you have fully recovered from all symptoms.If you have any questions, talk to your provider to confirm whether it's safe before stopping home isolation or returning to work.

 If you have tested positive for Coronavirus and need an off work note, you can take a Covid-19 E-visit or email your doctor. If you develop emergency warning signs for coronavirus, call 911 and inform the dispatcher you may have coronavirus.

Emergency warning signs include:

- Gasping for air, or you cannot talk without catching your breath
- Severe or constant pain in the chest
- Fainting or passing out
- Acting confused (new or worsening)
- Unconscious or difficulty waking up
- Slurred speech (new or worsening)
- Blue-colored lips or face

PLEASE REMEMBER, DO NOT WALK IN TO ANY MEDICAL FACILITY WITHOUT SPEAKING TO A MEDICAL PROFESSIONAL FIRST to avoid putting you, your loved ones, or others around you at risk.