



## **CARE GUIDELINES FOR PATIENTS WITH COVID-19**

### **Questions? Call our Coronavirus Hotline at 435-719-3998**

If you are sick with COVID-19 or think you might have COVID-19, follow these steps to care for yourself and to help protect other people in your home and community:

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas. Do not allow visitors in your home.

If you have symptoms, you should stay home for a minimum of 10 days since symptoms first appeared AND at least 24 hours with no fever without fever-reducing medication AND symptoms have improved.

If you tested positive for COVID-19, but do not have symptoms, you should stay home until 10 days have passed since your positive test.

- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **As much as possible, stay in a specific room and away from other people and pets in your home.** If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.
- **Avoid sharing personal items with other people,** such as phones, dishes, towels, bedding, or toys.
- **Clean and disinfect high-touch surfaces regularly, in your “sick room” and bathroom.** Wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- **If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should wear a mask and disposable gloves.** They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean or use the bathroom. Open a window or turn on a fan, if possible, to bring in and circulate fresh air.
- **Disinfect high-touch surfaces regularly,** including phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Tell your close contacts that they may have been exposed to COVID-19.** A close contact is anyone who was within 6 feet of an infected person for a total of 15 minutes or more. An infected person can spread COVID-19 starting 2 days before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone and reduce the spread of COVID-19 in our community.
- **If you are diagnosed with COVID-19, someone from the health department may call you.** Answer the call to slow the spread.

- **Call ahead before visiting your doctor, 435-719-5500**, and tell them you have, or may have, COVID-19. Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **Use the pulse oximeter as instructed to monitor your oxygen levels at home.** Oxygen levels above 92% are generally normal. If your oxygen level is falling below 90%, please call our Coronavirus Hotline at 435-719-3998, for further recommendations.
- **Monitor your symptoms carefully. GO TO THE EMERGENCY ROOM OR CALL 911 IF YOU DEVELOP SEVERE SYMPTOMS.**

| <b>CHART OF COMMON COVID-19 SYMPTOMS</b>   |   |
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| <p><b>NO SYMPTOMS</b><br/>Stay home until the Health Department lets you know that you are no longer contagious.<br/><b>People without symptoms can still spread COVID-19!</b></p>   |   |
| <p><b>MILD TO MODERATE SYMPTOMS</b><br/>Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.</p>   | <ul style="list-style-type: none"> <li>• headache</li> <li>• sore throat</li> <li>• ear pain</li> <li>• loss of taste or smell</li> <li>• mild cough</li> </ul>   |
| <p><b>SEVERE SYMPTOMS</b><br/>Watch for <b>severe symptoms</b> for COVID-19. If someone is showing any of these signs, <b>SEEK EMERGENCY MEDICAL CARE IMMEDIATELY. CALL 911.</b> Notify the operator that you are seeking care for someone who has, or may have, COVID-19.</p> | <ul style="list-style-type: none"> <li>• trouble breathing</li> <li>• persistent pain or pressure in the chest</li> <li>• new confusion</li> <li>• inability to wake or stay awake</li> <li>• bluish lips or face</li> <li>• falling down</li> <li>• oxygen saturation less than 90%</li> </ul> |
| <p>*This list is not all possible symptoms. Please call your medical provider for any symptoms that are severe or concerning to you.</p>   |   |

- All follow-up appointments will be scheduled at our Drive-Thru Urgent Care, located on the west side of the hospital. Call our Coronavirus Hotline to schedule your appointment, 435-719-3998.

You have a follow-up appointment scheduled for (time and date):

More Care Guidelines for patients with COVID-19 can be found at [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/) or on our website at [www.mrhmoab.org/COVID-19-information](http://www.mrhmoab.org/COVID-19-information).

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