

If you were tested for COVID-19, test results could take up to 72 hours. If your COVID-19 test result is positive, you will receive two separate phone calls.

1. The Public Health Department will call you to inquire about potential contacts and to track the spread of the disease within our community.
2. A Bellin Health Provider will also call you to discuss your symptoms and to assist you with home care treatment and further follow up.

If your COVID-19 test result is negative, you will receive a phone call from a Bellin Health provider informing you of the negative test result.

If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas. Avoid using public transportation, ride-sharing, or taxis.

Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.

Separate yourself from other people in your home, this is known as home isolation

Stay away from others: As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.

Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known. When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.

Call ahead before visiting your doctor

If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick

You should wear a facemask as much as possible especially when you are around other people.

If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Cover your coughs and sneezes

Cover: Cover your mouth and nose with a tissue when you cough or sneeze.

Dispose: Throw used tissues in a lined trash can.

Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

Wash hands: 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.

Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Soap and water: Soap and water are the best option, especially if hands are visibly dirty.

Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all "high-touch" surfaces everyday

Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

- Clean and disinfect: Routinely clean high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom. If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include 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.

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. Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.

Most EPA-registered household disinfectants should be effective.

Monitor your symptoms

Seek medical attention, but call first: Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).

Call your doctor before going in: Before going to the doctor's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.

Wear a facemask: If possible, put on a facemask before you enter the building. If you can't put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.

Follow care instructions from your healthcare provider and local health department: Your local health authorities will give instructions on checking your symptoms and reporting information.

Fever Medicines:

- For fever relief, take **acetaminophen** (such as Tylenol), unless your provider has instructed you not to take this medicine
- We **do not recommend** using Ibuprofen (such as Advil or Motrin) or Naproxen (Aleve), as there is some evidence that these could worsen illness due to Coronavirus.
- Treat fevers above 101° F (38.3° C).
- The goal of fever therapy is to bring the fever down to a comfortable level. Remember that fever medicine usually lowers fever 2-3° F (1-1.5° C).

Acetaminophen (e.g., Tylenol): These are adult doses. Follow package instructions for children

If your doctor has advised you not to use this medication or to use different doses, follow their recommendations

- Take 650 mg (*two 325 mg pills*) by mouth every 4-6 hours as needed. Each Regular Strength Tylenol pill has 325 mg of acetaminophen. The most you should take each day is 3,250 mg (10 Regular Strength pills a day).
- Another choice is to take 1,000 mg (*two 500 mg pills*) every 8 hours as needed. Each Extra Strength Tylenol pill has 500 mg of acetaminophen. The most you should take each day is 3,000 mg (6 Extra Strength pills a day)

If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include:

Difficulty breathing or shortness of breath

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

**This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.*

Call 911 if you have a medical emergency: *If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.*

How to discontinue home isolation

People **with COVID-19 symptoms (regardless of testing status) who have stayed home (home isolated)** can stop home isolation under the following conditions:

1. You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

AND

2. Other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

3. At least 10 days have passed since your symptoms first appeared

Please follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

Recommendations may change quickly.

Check here for updated information:

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>