

PATIENT KIT:

Measuring your symptoms

Included in this package is a pulse oximeter to help you measure your symptoms.

Please measure your oxygen level (with the pulse oximeter), heart rate (pulse), and temperature in the morning, then again in the afternoon.

Record these measurements in the log on the back of this sheet.

If you have any of the following, or if your symptoms worsen, please call 319-384-8819 to be connected with a nurse. The nurse will review your symptoms and provide advice on next steps.

Pulse oximetry below 92% for non-pregnant adults or below 95% for pregnant adults

Breathing rate that stays above 24 breaths per minute

New shortness of breath

Heart rate above 105 beats per minute

Temperature over 39 degrees Celsius or 102.2 degrees Fahrenheit

Confusion

Falling down

Not able to keep liquids down for 12 hours

INSTRUCTIONS FOR HOME VITAL SIGNS MONITORS:

Place batteries in monitors prior to use

Digital pulse oximeter monitor

This machine is used to measure oxygen in your blood.

1. Place device over your finger.
2. Press the power button.
3. Wait for pulse and oxygen concentration levels to appear on screen.

*Additional instructions are included in the monitor box

IS A MEMBER OF YOUR FAMILY SHOWING SYMPTOMS OF COVID-19?

If you have tested positive for COVID-19 and one of your family members is showing similar symptoms, please ask them to log in to their MyChart account and complete the self-checker.

Not a MyChart user?

Sign up for MyChart in a few minutes at uihc.org/get-know-mychart.

If you do not have access to the internet, please call 319-384-9010.

For life threatening emergencies, please call 911.

Please do not share the pulse oximeter with family members, unless directed by the health care team.

Thank you for following these instructions and helping reduce the risk of transmitting illness to other people in our hospital and community.

WHAT TO DO IF: YOU HAVE SYMPTOMS (COVID-19)

Symptoms of COVID-19 are:

- Fever
- Chills
- Cough
- Hard time breathing
- Feeling very tired
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting (throwing up)
- Diarrhea
- Changes in taste or smell

Stay home except to get health care

- Do not use public transportation, ridesharing, or taxis.
- Stay at least 6 feet away from other people and animals in your home.
- If you can, stay in a different room and use a different bathroom than the other people in your home.
- Do not make food for others while you are in isolation.
- Cover your coughs and sneezes.
- Wash your hands often. Do not touch your eyes, nose, or mouth.
- Do not share household items, such as dishes, towels, or bedding.
- Clean the things you touch often each day, such as your phone and doorknobs.
- Stay home except to get health care.
- Call before going to the doctor or emergency room.

Call before going to your provider

Call your provider's office and tell them you have COVID-19 like symptoms or a positive COVID test. This will help them take steps to keep other people from being infected or exposed.

Wear a mask over your nose and mouth

Wear a mask over your nose and mouth if you are over age 2 and must be around other people or animals, even pets and when you are at home. You do not need to wear it if you are alone. Wash cloth face masks often.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Clean your hands right away.

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds.
- If you do not have soap and water, clean your hands with an alcohol-based hand sanitizer with at least 60% alcohol. Cover all parts of your hands and rubbing them together until they feel dry.
- Soap and water are best if your hands are visibly dirty.
- Do not touch your eyes, nose, or mouth with unwashed hands.

Do not share items in the home

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed well with soap and water.

Determine if you need testing or medical care

Visit the MyChart self-checker or call 319-384-9010 to learn about your next steps.

- If you have an emergency and need to call 911, tell the emergency personnel you have symptoms of COVID-19.
- If you can, put on a face mask when emergency workers get to your home.

WHAT TO DO IF: YOU TEST POSITIVE FOR COVID-19

If you have tested positive for COVID-19, follow these steps to not spread it to others.

Isolation:

If you test positive for COVID-19 you need to isolate at home for at least five full days from the onset of symptoms, even if you are vaccinated. You should not leave your home except to receive urgent medical care. The day your symptoms start is day zero.

If you don't have any COVID-19 symptoms, you need to isolate for five days from the day of your positive test result. The day your positive COVID-19 test is collected is day zero.

If you are initially without symptoms, but then develop symptoms at any time during your isolation, you should start your isolation over. The day you develop symptoms then becomes day zero.

Home isolation can end at the end of day five if you are:

- Fever-free for 24 hours without fever-reducing medication AND
- Your symptoms have greatly improved if you initially had symptoms AND
- No symptoms have developed if you were initially symptom free

If you have a routine appointment at UI Hospitals & Clinics or are visiting a patient, you need to complete the full 10-day isolation before coming to our facilities. If you have an urgent medical need, please notify your provider you are COVID-19 positive before your appointment.

After home isolation ends, you should continue to wear a mask for an additional 5 days (days 6-10).

- If you are unable to wear a mask when around others, you should continue to isolate for 10 days. Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
- Do not travel during your 5-day isolation period. After you end isolation, avoid travel until a full 10 days after your first day of symptoms. If you must travel on days 6-10, wear a well-fitting mask when you are around others for the entire duration of travel. If you are unable to wear a mask, you should not travel during the 10 days.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days after your first day of symptoms or your positive test result if you don't have symptoms.

Please notify close contacts/household members:

Close contacts and household members may need to quarantine depending on their vaccination status. Please go to the CDC website for up-to-date information on quarantine guidelines.

Talk with your employer about when you can go back to work.**COVID-19 Home Telemedicine Monitoring – Outpatient**

If you are tested at UI Hospitals & Clinics and the result is positive, you may be contacted and asked if you would like to enroll in the COVID-19 Home Monitoring Program.

These MyChart virtual visits are with an advance practice provider (APP) or doctor. The number of visits you have and how often will be determined based on your symptoms and underlying medical conditions.

If you do not have symptoms of COVID-19 or if you do not have underlying medical conditions and choose to not be followed by the COVID-19 telemedicine team, you can still obtain care if you develop symptoms. Please visit the MyChart self-checker or call 319-384-9010 for next steps.

Watch your symptoms

Call 319-384-9010 or use the MyChart self-checker for next steps if your symptoms are getting worse. Get help right away if your illness is getting much worse, such as having trouble breathing.

Call 911 if you are having an emergency.

WHAT TO DO IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19

If you think you were exposed to someone with COVID-19, follow these steps to watch your health and not spread it to others if you get sick.

How do I know if I was exposed?

You are at a higher risk of getting infected with COVID-19 if you were in close contact with a person with COVID-19 during the time frame that they were infectious.

Close contact would be:

- Living in the same house as someone infected with COVID-19 – even if that person doesn't have any symptoms
- Caring for a sick person with COVID-19 without using personal protective equipment (PPE)
- Being within 6 feet of a sick person with COVID-19 for a total of 15 minutes or more over a 24-hour period without both of you wearing a face mask.
- Being in direct contact with secretions from a sick person with COVID-19:
- Kissing, sharing utensils, coughing in your face when that person was not wearing a face mask

When is a person with COVID-19 infectious?

They are infectious 48 hours before they started to have symptoms or 48 hours before a positive test result if they have no symptoms. They remain infectious until they have met criteria to stop self-isolation.

If I was in close contact to someone with COVID-19, do I need to stay home from work or school?

If you have had a high-risk exposure to a person with COVID-19 and you have been fully vaccinated, you do not need to quarantine. This includes having received a booster dose, completion of the primary series of Pfizer or Moderna vaccines within the last 6 months, or completion of the primary series of Johnson & Johnson within the last 2 months. You should continue to monitor for symptoms of COVID-19, social distance, and wear a mask when indoors in public for 10 days after exposure (day of last exposure is day 0). If testing is available, you can consider testing for COVID-19 on day 5.

If you have had a high-risk exposure to a person with COVID-19 and you have not been fully vaccinated, you should quarantine for a full 5 days followed by strict mask use for an additional 5 days. It is very important that you wear a well-fitting mask at all times when around others for a full 10 days after exposure (day of last exposure is day 0). If testing is available, you can consider testing for COVID-19 on day 5 of quarantine. If symptoms occur during your quarantine period, you should immediately isolate and test for COVID-19.

During days 1-5 of quarantine, you should do the following to help keep yourself and others safe:

- Do not use public transportation, ridesharing, or taxis.
- Stay at least 6 feet away from other people and animals in your home.
- If you can, stay in a different room than the other people in your home.
- Do not make food for others while you are in quarantine.
- Cover your coughs and sneezes.
- Wash your hands often. Do not touch your eyes, nose, or mouth.
- Do not share household items, such as dishes, towels, or bedding.
- Clean the things you touch often each day, such as your phone and doorknobs.
- Stay home except to get health care.
- Call before going to the doctor or emergency room.

After quarantine ends, you should continue to wear a mask for an additional 5 days (days 6-10).

- If you are unable to wear a mask when around others, you should continue to quarantine for 10 days. Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
- Do not travel during your 5-day quarantine period. If testing is available, you can consider testing at least 5 days after your last close contact and make sure your test result is negative and you remain without symptoms before traveling. If you don't get tested, delay travel until 10 days after your last close contact with a person with COVID-19. If you must travel before the 10 days are completed, wear a well-fitting mask when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

If you work outside the home, call your employer or supervisor right away to decide whether you will have work restrictions and when it is safe to go back to work.

What should I do if someone I am in close contact with has symptoms of COVID-19 but hasn't been tested yet?

When someone has COVID-19, they are contagious even before they develop symptoms. If you have close contact with someone who has symptoms but hasn't yet been tested, you could already be infected. If at all possible, start quarantining yourself at home, if recommended above, until your contact gets their test results. If their test is positive or if a provider tells them that they have COVID-19, continue to quarantine. If their test is negative, return to your normal routine.

Watch your symptoms

Call 319-384-9010 or use the MyChart self-checker for next steps if you develop symptoms or they are getting worse.

Get help right away if your illness is getting much worse, such as having trouble breathing.

Call 911 if you are having an emergency.

FACE COVERING INSTRUCTIONS

Included in this package are two face coverings. You should wear one covering over your nose and mouth if you must be around other people or animals, including pets (even at home).

- You don't need to wear the face covering if you are alone.
- If you can't put on the face covering because of trouble breathing, cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect people around you.
- Your face covering should fit snugly but comfortably against the side of your face. Face coverings should not be placed on young children under age 2, or on anyone who has trouble breathing or is unable to remove the mask without assistance.
- You should be careful not to touch your eyes, nose, and mouth when removing your face covering, and wash your hands immediately after removing.
- Please do not share the face masks with family members.

COVID-19 EXERCISE RECOMMENDATIONS

As we work together through your recovery from COVID-19, we encourage you stay active and start an exercise routine. You may be asking why we recommend exercise at a time like this? Here are a few key reasons:

- It helps your lungs recovery during and after illness
- It helps your arms and legs stay strong
- Prevents blood clots
- Improves your mental health

We want to give you resources you need to be safe and successful with your exercise program. We always recommend you start exercising at a slow pace, so you do not feel more fatigue or shortness of breath. Use your pulse oximeter (in your kit) to measure your oxygen levels with exercise.

- Exercise at an intensity you feel is “fairly light” to “somewhat hard”
- Always keep your pulse oximeter 90% or higher during exercise

Start gentle exercise if you:

- Do not have a fever for 2 days
- Do not have chest pain or feel severely short of breath while walking inside your house.
- Do not have leg swelling

Do not exercise if you have:

- A fever above 102.2 degrees Fahrenheit (39 degrees Celsius) in the past 2 days
- Severe shortness of breath or pulse oximetry below 92% at rest
- A breathing rate above 24 breaths per minute
- A heart rate above 105 beats per minute
- Chest pain or palpitations (feeling of rapid, strong or irregular heartbeat)
- Dizziness or lightheadedness
- Confusion
- Recent falls
- Not eating or drinking for past 12 hours

Description of your exercise program:

- **Level 1 Exercises:** Do these if you feel very weak and must lie down most of the day.
- **Level 2 Exercises:** Do these if you can do level 1 exercises with ease and sit up for longer periods of time.
- **Level 3 Exercises:** Do these if you can do level 2 exercises with ease and safely stand/walk around your house.

Let's get started!

- Start and end each exercise session with 1 minute of slow, deep breaths in through your nose and out through your mouth.
 - Deep breathing may cause you to cough. That is okay.
- Do the exercises in the order they are listed. Level 1 is easiest. Level 3 is most difficult.
- Try to exercise 2 to 3 times a day

LEVEL 1 EXERCISES

ANKLE PUMPS



- Bend your ankles up and down. Alternate pointing toes downward and upward.
- Do this slowly for 1 minute.

HEEL SLIDES



- Lie on your back with legs straight. Slide your heels up to the buttocks, bending at the knee. Then slide your heel to make your leg straight. Repeat with other leg.
- Do this 5 to 10 times with each leg.

SIDE LYING LEG RAISES



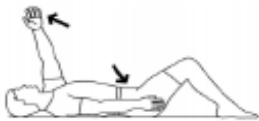
- Lie on your side with knees straight. Lift the top leg toward the ceiling. Slowly lower it.
- Do this 5 to 10 times with each leg.

PRONE LYING



- Lie on your stomach for a few minutes, relax and focus on deep breathing.
- Do this for 2 to 10 minutes.

ARM RAISES



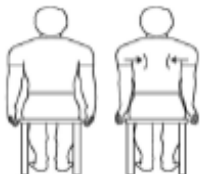
- Raise your arm over your head. Reach toward the ceiling. Slowly lower your arm. Repeat with the other arm.
- Do this 5 to 10 times with each arm.

SITTING IN A CHAIR OR SIDE OF BED



- Try to sit at the edge of bed. Do a few minutes for deep breathing.
- Do this for 1 to 3 minutes.

SHOULDER BLADE SQUEEZE



- Sit up straight. Try to squeeze/pinch your shoulder blades together, and slightly downward. Hold this for 1 to 2 seconds.
- Do this 5 to 10 times.

SIT TO STAND



- Use your arms to help you stand up from your chair or bed. Try to stand for 1 to 3 minutes. Then sit or lie down for a rest.
- Do this 1 to 3 times.
- Do not try standing on your own if you feel you might fall.
- Sit or lie down right away if you feel lightheaded or dizzy.

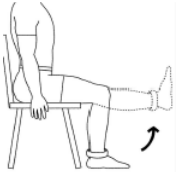
LEVEL 2 EXERCISES

ANKLE PUMPS



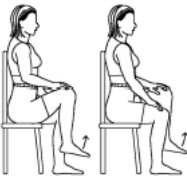
- Bend your ankles up and down. Alternate pointing toes downward and upward.
- Do this slowly for 1 minute.

LONG ARC QUAD



- Sit with your knee bent. Straighten your knee as you raise your foot forwards. Repeat with the other leg.
- Do this 5 to 10 times with each leg.

SEATED MARCHING



- Sit in a chair with your knees bent. Lift your foot and knee, then set it down. Do this with your other leg, like you are marching.
- Do this 5 to 10 times with each leg.

ARM RAISES



- Sit up. Raise your arm over your head. Reach toward the ceiling. Slowly lower your arm. Repeat with the other arm.
- Do this 5 to 10 times with each arm.

TRUNK ROTATION



- Hold your hands together. Move your hands and arms from down by the right hip to above the left shoulder. Do this 5 to 10 times,
- Repeat this 5 to 10 times in the opposite direction (left hip to above right shoulder).

SIT TO STAND



- Use your arms to help you stand up from your chair or bed. Try to stand for 1 to 3 minutes. Then sit or lie down for a rest.
- Do this 1 to 3 times.
- Do not try standing on your own if you feel you might fall.
- Sit or lie down right away if you feel lightheaded or dizzy.

STANDING MARCHING



- Stand up. Then raise up 1 knee and let it bend as you raise it. March or step-in-place.
- Use a walker for support to help your balance if needed. Have a chair behind you for safety.
- Do this 5 to 10 times with each leg.

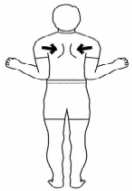
LEVEL 3 EXERCISES

STANDING MARCHING



- Stand up. Then raise up 1 knee and let it bend as you raise it. March or step-in-place.
- Use a walker to help you balance, if needed. Have a chair behind you for safety.
- Do this 5 to 10 times with each leg.

SHOULDER BLADE SQUEEZES



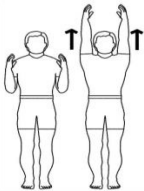
- Stand up straight. Try to squeeze/pinch your shoulder blades together, and slightly downward. Hold this for 1 to 2 seconds.
- Do this 5 to 10 times.

HEEL RAISES



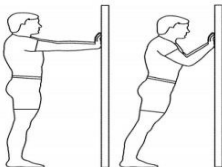
- Stand up. Then raise up on your toes as you lift your heels off the ground.
- Use a walker to help you balance, if needed.
- Do this 5 to 10 times.

ARM RAISES



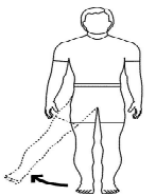
- Stand up. Raise your arm over your head. Reach toward the ceiling. Slowly lower your arm. Repeat with the other arm.
- Do this 5 to 10 times with each arm.

WALL PUSH-UP



- Stand facing a wall, about 12 to 18 inches away. Place your hands on the wall at shoulder height. Bend your elbows and bring your face toward the wall. Push against the wall, back to the starting position.
- Do this 5 to 10 times.

SIDE LEG KICKOUT



- Stand up. Use a handhold support for balance. Slowly raise 1 leg out to the side. Then put it back down.
- Do this 5 to 10 times with each leg.
- Use a walker to help you balance, if needed.

LEVEL 3 EXERCISES

SIT TO STAND



- Start by sitting in chair. Stand up, then sit back down. Use your arms to help you, as needed.
- Do this 2 to 10 times.

WALKING



- Walking is a great way to improve lung health, strength, balance, and prevent blood clots.
- Try to walk short to moderate distances near your home 3 times each day. Slowly walk longer distances. Watch your oxygen levels.