

# WHAT TO DO IF:

## You have confirmed or suspected coronavirus (COVID-19)

Follow the steps on this handout to help stop COVID-19 from spreading to others if you are sick and:

- Have been diagnosed with COVID-19
- Are suspected to have 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** go outside your home, except for health care.
- Do **not** go to work, school, or public places.
- Do **not** use public transportation, ridesharing, or taxis.
- Stay away from other people and animals in your home as much as possible:
  - **People:** Stay in one room and away from other people in your home. Use a different bathroom, if possible.
  - **Animals:** Stay away from pets and other animals while you are sick. Have someone else in your home care for your animals. If you must care for your pet(s), wash your hands before and after you touch or care for them.

### COVID-19 Home Telemedicine Monitoring - Outpatient

You will be contacted to start the COVID-19 Home Monitoring Program.

The visits are virtual through MyChart, or via phone calls with a provider. The number of visits you have and how often will be determined based on your symptoms. If you do not have symptoms of COVID and are not followed by the COVID-19 telemedicine team, but develop symptoms later, you can call and have an appointment scheduled. Please call 319-384-9010 to have a virtual appointment scheduled.

### **Call before going to your doctor**

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

### **Wear a cloth covering over your nose and mouth**

Wear a cloth face covering 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 the cloth face covering 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.

### **Clean all high touch surfaces each day**

High-touch surfaces are counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe. Follow the label instructions for safe use.

**Stay home and away from others in the house until:**

- You do **not** have a fever for at least 24 hours. That is 1 full day of no fever without the use of medicine that lowers fevers

**And**

- Other symptoms are better, such as your cough or trouble breathing

**And**

- At least 10 days have passed since your symptoms first started

Talk with your employer about when you can go back to work.

**Watch your symptoms**

Call **319-384-9010** or use MyChart to schedule a virtual visit if your symptoms are getting worse and you would like to see a provider.

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

Call **911** if you are having an emergency.

Go to [cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html) for others in your home, intimate partners, and caregivers to learn more.