

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:

You will need to isolate for at least 5 full days (days 1-5) from the onset of your symptoms. If you don't have symptoms, you need to isolate for 5 days from the day of your positive test result. If you develop symptoms, the clock restarts and that day becomes day 0. If testing is available, you can consider an at home antigen test on day 5. If this test is positive, you should continue to isolate to complete a full 10 days of isolation.

Home isolation can end at the end of day 5 you are:

- Fever-free for 24 hours without the use of fever-reducing medications

AND

- Your symptoms have greatly improved if you initially had symptoms

AND

- No symptoms have developed if you were initially without symptoms

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 if 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.

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