





COVID-19 Confirmed or Suspected

You were evaluated by a clinician and found to have symptoms related to a suspected or confirmed coronavirus (COVID-19) infection. While a diagnosis of coronavirus may feel scary, most cases are mild and resolve on their own without hospitalization.

At this time, we feel that you are safe to go home. But, please read over the following instructions.

When to Seek Medical Attention

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

-  Trouble breathing
-  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.*

Recommendations for Self-Isolation

Stay in your room or apartment away from other household members or limit contact as much as possible. If available, household members should use a separate bedroom and bathroom. Do not go to work, classes, athletic events, or other social or religious gatherings. Stay 6 feet away from other individuals at all times.

Ensure that shared spaces in the home have good airflow whenever possible, such as via air conditioning or an opened window as weather permits.

Cover coughs and sneezes with your upper sleeve or a tissue. Then, discard the tissue immediately in a trash bin. Never cough in the direction of someone else and avoid touching your eyes, nose, and mouth with unwashed hands.

Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60% to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are preferred.

Avoid sharing household items. Don't share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After using these items, wash them thoroughly.

Keep your surroundings clean. Clean surfaces that you share with others, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables (or any other object that you sneeze or cough on) with a standard household disinfectant, such as Clorox® wipes. Wash your hands after cleaning the area.

Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them. Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing and throwing away your gloves.

Please review medication inserts for side effects and call the emergency department if you have any questions about the medications or care you received.