



## WHAT TO DO IF YOU HAVE SYMPTOMS OF CORONAVIRUS DISEASE 2019(COVID-19) AND HAVE NOT BEEN AROUND ANYONE DIAGNOSED WITH COVID-19

People can get COVID-19 through “community contact”, meaning exposure can happen anytime someone is in a space other than their own home. If you symptoms of COVID-19 but have not been around anyone you know has COVID-19, follow the steps below to help prevent your infection from spreading to people in your home and community.

### Could I have COVID-19?

The most common symptoms of COVID-19 are fever, cough, shortness of breath, and fatigue. If you have symptoms, whether or not you have a known exposure, contact your health care provider.

### Should I go to my doctor and get tested for COVID-19?

If you have any of the conditions that may increase your risk for a serious viral infection—age 60 years or over, are pregnant, or have medical conditions—call your physician’s office and ask if you need to be evaluated in person. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition and your symptoms are mild, you may not need to be evaluated in person and may not need to be tested for COVID-19. There are currently no medications to treat COVID-19. Any decision to test will be decided between you and your physician.

### What should I do to keep my infection from spreading to my family and other people in the community?

#### STAY HOME EXCEPT TO GET MEDICAL CARE

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

#### SEPARATE YOURSELF FROM OTHER PEOPLE AND ANIMALS IN YOUR HOME

- **People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Animals:** You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask. See COVID-19 and Animals for more information.



## City of St. Joseph Health Department COVID-19

### **CALL AHEAD BEFORE VISITING YOUR DOCTOR**

If you have a medical appointment, call the healthcare provider and tell them that you have symptoms that are consistent with COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

### **WEAR A FACEMASK**

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

### **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; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty.

### **AVOID SHARING PERSONAL HOUSEHOLD ITEMS**

You should 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 thoroughly with soap and water.

### **CLEAN YOUR HANDS OFTEN**

Wash your hands often 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, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

### **CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY**

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

### **MONITOR YOUR SYMPTOMS**

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that your symptoms are consistent with



## City of St. Joseph Health Department COVID-19

COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting your infection.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have symptoms consistent with COVID-19. If possible, put on a facemask before emergency medical services arrive.

### **SUGGESTION FOR DISCONTINUING HOME ISOLATION WITHOUT TESTING AND WITHOUT DIRECT CONTACT TO A CONFIRMED CASE**

Persons who have symptoms of acute respiratory illness are recommended to stay home until they are free of fever (100.4° F [38.0° C] or greater using a thermometer), signs of a fever and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g., cough suppressants).

**IF YOUR HEALTH CARE PROVIDER DECIDES TO TEST FOR NOVEL CORONAVIRUS 2019**, discontinuing home isolation will be dependent on test results. Remain in home isolation pending test results and receiving further instruction from your provider.

In all cases, **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.

More information on discontinuing home isolation is available here:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

### **FOR ADDITIONAL INFORMATION:**

Find us on Facebook @StJosephHealthDepartment

City of St. Joseph website

<https://www.stjoemo.info/912/COVID-19-Coronavirus>

MODHSS website

<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>

Missouri DHSS COVID-19 Hotline 1-877-435-8411

CDC website

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