AFTER-VISIT INSTRUCTIONS FOR PATIENTS WITH Confirmed or Suspected COVID-19 INFECTION

Your healthcare provider believes that you have Coronavirus-2019 (COVID-19) infection, and that you can return home to recover from this illness.

In COVID-19 cases, illnesses range from mild symptoms of a cold to severe illness. The most common symptoms are fever, cough, and shortness of breath. Other symptoms can include fatigue, muscles aches, sore throat, headache, nausea, vomiting, or diarrhea. Some patients have experienced a worsening of their symptoms in the second week of illness. At this time, there is no specific treatment for the virus that causes COVID-19 infection.

Recovering at Home
Here are some steps that you can take to help you get better:

- Rest
- Drink plenty of fluids
- Take acetaminophen (Tylenol) to reduce fever and pain
- Note: children younger than age 2 should not be given any over-the-counter medications without first speaking with a doctor

Seeking Medical Care If Your Symptoms Worsen
Monitor your symptoms closely. Seek prompt medical care if your symptoms get worse, especially if you are at higher risk of serious illness (people who are age 60 years and older, pregnant, or have a chronic disease or weakened immune system). It is recommended that you seek medical care for serious symptoms such as difficulty breathing, persistent chest pressure or pain, inability to keep fluids down, dehydration, bluish lips or face, and confusion.

People with life-threatening symptoms should call 911. Tell the dispatch personnel that you were told that you have COVID-19 infection. If possible, put on a facemask before emergency medical services arrive.

If your symptoms aren’t life-threatening, but you need medical advice, contact your health care provider and see if you can get advice by phone or video call. Mention that you were told that you have COVID-19 infection. If you need to visit a healthcare facility, call ahead and tell them you’ve been told you have COVID-19. Wear a mask before you enter the facility to protect others from catching the infection from you.

Preventing the Spread of Infection in Your Home and Community

1. Stay home except to get medical care
   - Do not go to work, school, or public areas.
   - If you must leave home for a medical visit, do not use public transportation (bus, train, taxi, ride-sharing service). Use a personal vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and whoever is driving. Leave the windows down and wear a mask if possible.
   - Arrange for someone else to do your shopping, or for food and other necessities to be left at your door. If you need to meet someone at your door, wear a facemask.
   - Read the section below “When is it safe to end self-isolation?”
2. Separate yourself from other people in your home
   - As much as possible, you should stay in a specific room and away from other people in your home. It is particularly important to stay away from people who are at higher risk of serious illness (people age 60 years and older, pregnant, or have a chronic disease or weakened immune system).
   - Use a separate bathroom. If it is not possible, clean the bathroom after use (see below)
   - Open windows or use a fan or an air conditioner in shared spaces in the home, if possible, to ensure good airflow.
   - Do not allow visitors and limit the number of people in your home.
   - Do not handle pets or other animals while you are sick.
   - Do not prepare or serve food to others.
   - Do not care for children, if possible.

3. Wear a facemask when you are around others
   - 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 hospital or doctor’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 wear a facemask when they are in the same room as you.

4. 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 as instructed below.

5. Avoid sharing personal household items
   - 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 thoroughly with soap and water.

6. Clean your hands often
   - Wash your hands often and thoroughly, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Use soap and warm water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if your hands are visibly dirty.

7. Clean and disinfect all “high-touch” surfaces every day
   - High-touch (frequently touched) surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Use household cleaning and disinfectant sprays or wipes, according to the product label instructions. Additional cleaning and disinfection instructions are posted at http://www.sfcdcp.org/covid19.

Information for Your Household Members and Close Contacts
“Close Contacts” are people who live in your house, your intimate partners, and your caregivers as well as any other people who come within 6 feet of you for more than a few minutes while you have symptoms of infection. Close contacts have a higher risk of getting COVID-19 infection. All close contacts need to self-
quarantine at home for 14 days even if they feel well because it can take up to 14 days for them to show symptoms of infection. Additional instructions for household members and close contacts may be found at https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html and at http://www.sfcdcp.org/covid19.

When Is it Safe to Stop Self-Isolation?
If you work in health care or as a first responder (Police, Fire, Sheriff, EMS) you should check with your employer, as your employer may have adopted different return-to-work guidelines than the ones below.

Otherwise please follow the US Centers for Disease Control (CDC) Guidance:
You can stop self-isolation and resume normal activities after it has been at least 7 days from the start of your symptoms AND you have been fever-free for 72 hours (without taking fever-reducing medications such as Tylenol, Advil, or Aleve) AND your other symptoms have improved. However, if you still have a cough, please continue to wear a facemask when in contact with others.

If you work in health care, you must additionally:

- Wear a facemask at all times while at work until all symptoms are completely resolved or until 14 days after illness onset, whichever is longer
- Have no contact with severely immunocompromised patients (e.g., transplant, hematology-oncology) until 14 days after illness onset
- Self-monitor for symptoms, and seek re-evaluation from occupational health if respiratory symptoms recur or worsen