

# Steps to Help Prevent the Spread of Illness and COVID-19 If You Are Sick

The majority of people with COVID-19 will experience mild to moderate symptoms. **Testing is not necessary and self-care is recommended.** Fever-reducing medications can be used for fever and cough medicine for coughs. If you are sick or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

## Stay home

- **Stay home:** People who are mildly to moderately ill (cough and/or fever) and without significant medical history (including asthma, cancer, COPD, diabetes, heart disease, immunosuppressed, or advanced age of 65 or older) should be able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse (including shortness of breath or difficulty breathing) or you think it is an emergency.
- **Utilize Telemedicine options,** if available through your insurance.

Separate yourself from other people in your home; this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
  - **Have someone else in the home prepare meals and leave them outside your bedroom door.** Don’t share bedding, towels, dishes, or water bottles with others. If something is shared, wash it with soap and water before each use by a separate person.

## Monitor your symptoms

- **If your symptoms worsen, seek medical attention:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing or shortness of breath).
  - **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
  - **Mercy Health has opened up two flu clinics** to help screen patients who are experiencing respiratory conditions.
    - People are encouraged to call before going to the clinic by dialing (855) 884-7150. Patients will be triaged over the phone.

## How to discontinue home isolation

- **People who have been sick and have stayed home (home isolated)** can stop home isolation under the following conditions:
  - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
  - at least 7 days have passed since your symptoms first appeared