

# Instructions for Home Care with COVID-19 (Presumed or Confirmed) Illness

If your healthcare provider suspects that you have COVID-19 viral illness, but you do not need to be hospitalized and can be isolated at home, you will be monitored by staff from the Student Health Center or the local health department. You should follow the prevention steps below until you are notified by the health department that you can return to your normal activities.

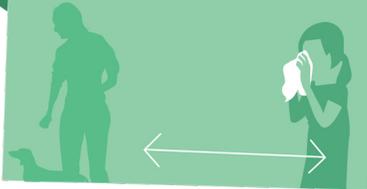
Stay home when you are sick, except to get medical care.



## 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 from other people or animals in your home.



## 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 you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

Call ahead before visiting a clinic or hospital.



## Call ahead before visiting a clinic or hospital

If you need a medical appointment, call the Student Health Center and tell them that you are being treated for COVID-19. This will help the clinic take steps to keep other people from getting infected or exposed. If you need emergency medical treatment, call 911 and tell the operator that you are being treated for COVID-19.

Wear a facemask around other people.



## 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 stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



## 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 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.



Wash your hands often with soap and water for at least 20 seconds.



Avoid sharing personal household items.



Clean and disinfect frequently touched objects and surfaces.



Monitor your symptoms.

### **Clean your hands often**

Wash your hands often with soap and water for at least 20 seconds or clean your hands with 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 should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth.

### **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 all “high-touch” surfaces everyday**

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 the clinic or hospital and tell them that you are being treated for COVID-19. Put on a facemask before you enter the facility. These steps will help the clinic to keep other people in the office or waiting room from getting infected or exposed.

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

### **Discontinuing home isolation**

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with local health departments. Your doctor or public health department will inform you when it is safe to end isolation.

For more information:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>