

# What to Do if You Have Confirmed COVID-19 Disease



## 1. Your test was positive for COVID-19.

- COVID-19 (Coronavirus Disease 2019) is a new virus that is spreading from person-to-person. It is currently in Monterey County and other parts of the world.
- COVID-19 is spread:
  - through respiratory droplets when an infected person coughs or sneezes,
  - between people who are in close contact with one another (within about 6 feet),
  - by touching a surface or object with the virus and then touching the mouth, nose, or eyes.
- Most people will have only a minor illness with COVID-19. However, some people are at higher risk for serious COVID-19 disease, including people:
  - over 60 years of age,
  - with chronic health conditions such as lung disease, heart disease, or diabetes,
  - with weakened immune systems,
  - who are pregnant.

## 2. There is no specific medicine to treat COVID-19 disease.

- Get plenty of rest, drink lots of fluids, eat healthy foods, and manage stress.
- Use acetaminophen or ibuprofen to reduce fever and aches and pains.
- Additional care in the hospital can help manage more serious problems or complications.

## 3. Monitor your symptoms.

- If you are over 60 years of age or have a condition that puts you at higher risk for severe disease, monitor your illness even more closely and discuss any concerns with your doctor.
- If your symptoms get worse, you have difficulty breathing, or you develop other concerning symptoms, call your doctor immediately.
- If it is an emergency, call 911 and tell the dispatch operator that you have been diagnosed with COVID-19 disease.

## 4. Call ahead before visiting a hospital, emergency room, or doctor's office.

- If you need to visit a hospital, emergency room, or doctor's office, call ahead to notify them that you were recently diagnosed with COVID-19. This will help the hospital or doctor's office take steps to keep other people from getting infected.

## 5. Stay at home except to get medical care.

Help prevent spreading COVID-19 to others in your home and community:

- **Stay at home.**
- Do not go to work, school, or public areas.
- Do not go out of the home except to get medical care.
- If you need medical care, avoid using public transportation, ridesharing, or taxis.

## 6. Protect your family and friends.

- While at home, stay in separate rooms and away from other people in your household. Use a separate bathroom, if available.
- Wear a simple facemask when you are around other people at home. If you are not able to wear a mask, then people should not be in the same room with you or they should wear a mask.

- Clean your hands often with soap and water, or alcohol-based hand sanitizer.
- Cover coughs and sneezes with your elbow or a tissue and throw away used tissue in a lined trash can. Wash hands thoroughly with soap and water afterwards.
- Avoid sharing personal household items like dishes, glasses, or bedding.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.

#### **7. Self-isolate at home until:**

- At least 3 days (72 hours) have passed since recovery which is defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
- At least 7 days have passed since symptoms first appeared

#### **8. Return to work**

- People who work in a healthcare setting should notify their occupational health office and follow any additional instructions before returning to work.

#### **9. People who live with you should self-quarantine for 14 days.**

- Household members should self-quarantine for 14 days after their last close contact with you while you are sick.
- During the quarantine period, they can stay at home but should separate as much as possible from you. If possible, they should stay in separate rooms and use a separate bathroom.
- If they need to go out of the house, they should practice strict social distancing and avoid contact with others.
  - They should not attend work, school, or daycare.
  - They should not participate in group activities or gatherings.
  - They should not travel on an airplane.
- During the quarantine period, your household contacts should monitor themselves for symptoms. If they develop fever, cough or other symptoms, they should call their doctor.
- If any of your household contacts are over 60 years of age or have a condition that puts them at higher risk for severe disease, they should be even more careful to separate and protect themselves, monitor themselves for illness, and discuss any concerns with their doctor.
- Before visiting a hospital, emergency room, or doctor's office, they should call ahead to notify the provider that a household member was recently diagnosed with COVID-19.
- If your household member develops fever, cough, or other respiratory symptoms but does not get tested for COVID-19, they should assume that they are infected with COVID-19 and they should isolate themselves until:
  - At least 3 days (72 hours) have passed since recovery which is defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,
  - At least 7 days have passed since symptoms first appeared

#### **10. Get more information on COVID-19.**

- Monterey County Health Department webpage: [www.mtyhd.org/covid19](http://www.mtyhd.org/covid19)
- Centers for Disease Control & Prevention webpage: [www.cdc.gov](http://www.cdc.gov)
- If you have any questions, call your doctor.
- How to disinfect your home if someone is sick: [www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html)