



# Good Samaritan

## Home Care Instructions for Respiratory Illness

The following instructions are for people who have or are being evaluated for a respiratory illness and their families/caregivers. If you have a respiratory illness with fever and cough, you should follow the prevention steps below.

If you have symptoms consistent with COVID-19 (cough, fever, shortness of breath), contact your health care provider. Your health care provider, in consultation with the health department, will determine whether you meet criteria for COVID-19 testing and will determine the most appropriate care plan for you.

### INFORMATION FOR PATIENTS WITH A RESPIRATORY ILLNESS WHO ARE NOT HOSPITALIZED

#### **Stay home except to get medical care.**

Do not go to work, school, or public areas, and do not use public transportation, ride-sharing, or taxis.

#### **Separate yourself from other people and animals in your home.**

Stay at home as much as possible. Stay in a specific room away from other people in your home. If possible, use a separate bathroom. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others. Although there have not been reports of pets becoming sick with respiratory illnesses, you should also avoid contact with animals or pets while you are sick.

#### **Call ahead before visiting your provider.**

Tell your provider that you have a respiratory illness so they can prepare for your visit and take steps to keep other people from being exposed or infected.

#### **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 health care 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 coughs and sneezes.**

To prevent spreading germs to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash hands with soap and water for at least 20 seconds, or use alcohol-based hand sanitizer if soap and water are not available. You should use soap and water if your hands are visibly dirty.

#### **Wash your hands often.**

Wash your hands thoroughly with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available and if hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

#### **Avoid sharing household items.**

Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people or pets in your home. These items should be washed thoroughly after use with soap and warm water.

#### **Monitor your symptoms.**

If illness gets worse (e.g., trouble breathing, pain in chest, unable to manage fever), get medical care right away. **Before** you visit a clinic or hospital, call your health care provider and tell them that you have a respiratory illness. This will help your provider take steps to keep other people from getting infected. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have a respiratory illness. If possible, put on a facemask before emergency medical services arrive.

#### **Manage your symptoms as you would with the flu.**

Drink plenty of fluids; choose water, juice and warm soups to stay hydrated. Rest. Consider over the counter pain and fever reducers.

**These recommendations should be followed until your health care provider and/or health department confirms that you do not have COVID-19 or determine that you are no longer contagious.**