



## Information for people who have COVID-19

If you have been diagnosed with, tested for, or think you have COVID-19, you **MUST STAY AT HOME** so you don't expose others to the virus. Your health care provider or someone from the health department will tell you when you can go back to your regular activities.

### **What are the symptoms of COVID-19 infection?**

The primary symptoms are:

- fever
- cough
- shortness of breath.

Some people may also have other symptoms, such as headache, abdominal discomfort, or muscle aches.

It can take up to 14 days to develop symptoms after being exposed to someone with COVID-19.

### **What do I need to do to protect my family and friends?**

1. **You must stay at home until released by your Doctor or the health department!** Do not go to work, school, church, stores, or anywhere there are people other than your household members.
2. Try to isolate yourself from other household members as much as possible
  - Sleep in a separate bedroom
  - Use a separate bathroom, if possible. If a separate bathroom is not available, clean all touched surfaces after use with regular household cleaners. (doorknobs, faucets, countertops, etc.)
  - Wipe all surfaces you touched that will be touched by others with regular household cleaners.
  - Stay at least 6 feet away from other people.

Note: If a separate bedroom/bathroom is used for the ill person, cleaning can be done **as needed** (e.g. soiled items and surfaces).

If the bathroom must be shared, the ill person should have his/her own cleaning supplies (e.g. tissues, paper towels, cleaners).

Diluted household bleach solutions or alcohol solutions with at least 70% alcohol can be used for disinfection of surfaces. A bleach solution is 1/3 cup bleach per gallon of water or 4 teaspoons of bleach per quart of water.

3. Restrict contact with pets as much as possible. (We just don't know much about how this virus affects animals).
4. Do not share household items such as dishes, glasses, eating utensils, towels, etc. These items should be thoroughly washed after use. Or use disposable items and discard in a trash bag after use.
5. In general you can discontinue isolation if it has been 7 days since your symptoms began or you have not had fever for at least 72 hours and your symptoms are improved, whichever is longer

### **Care for the person who is ill with COVID-19**

1. Seek medical care if your symptoms are worsening (e.g. you have difficulty breathing). **Before** going to the doctor, call and let them know you have or think you have COVID-19. If you have a medical emergency and need to call 911, tell dispatch that you have, or think you have, COVID-19.
  - If you have a facemask, put it on before coming in contact with healthcare personnel.
2. Take care of yourself as you would with any other similar illness: Drink lots of fluids, eat healthy foods, get plenty of rest.
3. Take fever reducing medications as needed, unless you have a medical reason you cannot take these medications. (e.g. Tylenol (acetaminophen), aspirin, Motrin (Ibuprofen) or Aleve (naproxen)).
4. How can caregivers protect themselves?
  - Stay in another room or be separated from the ill person as much as possible.
  - If possible, have the ill person wear a mask when you are in the room.
  - Wear gloves when caring for the ill person, if available
  - Wash hands frequently with soap and water, for at least 20 seconds. If unable to wash hands, use hand sanitizer.
  - Avoid touching your eyes, nose and mouth with unwashed hands,
  - Consider using disposable plates, silverware, cups for the patient and throw out all items after use. Put all disposable items in a separate bag before disposing of them with other household waste.
  - Wash laundry thoroughly.
5. Household members/caregivers are considered exposed to COVID-19, and therefore must isolate him/herself at home for 14 days until the last exposure (e.g. 14 days after the ill person is no longer considered infectious).
6. Family/friends can leave groceries and other necessary items on your doorstep to avoid exposure to COVID-19.
  - If you need assistance (e.g. help getting groceries) while in home isolation, contact your health department at 1-800-432-4121.

Remember, **DO NOT go to a clinic or hospital without first calling ahead. If you call 911, inform them that you are being monitored for COVID-19.** Tell your doctor or hospital that you are being monitored by Health Department of Northwest Michigan and they can reach us at any time by calling 1-800-432-4121.

**FOR QUESTIONS/ASSISTANCE, CALL THE HEALTH DEPARTMENT AT 1-800-221-0294  
OR THE MICHIGAN HOTLINE AT 1-888-535-6136**

**For more information:**

[www.nwhealth.org/covid19.html](http://www.nwhealth.org/covid19.html)

[www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)