

TREATING SYMPTOMS

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Over-the-counter medicines may help with symptoms.
- For *most people*, symptoms last a few days and get better after a week.



For any additional questions about their care, contact their healthcare provider or state or local health department.

ENDING HOME ISOLATION

People with COVID-19 who are home isolated can stop home isolation after following 3 conditions depending on if they will have a test.

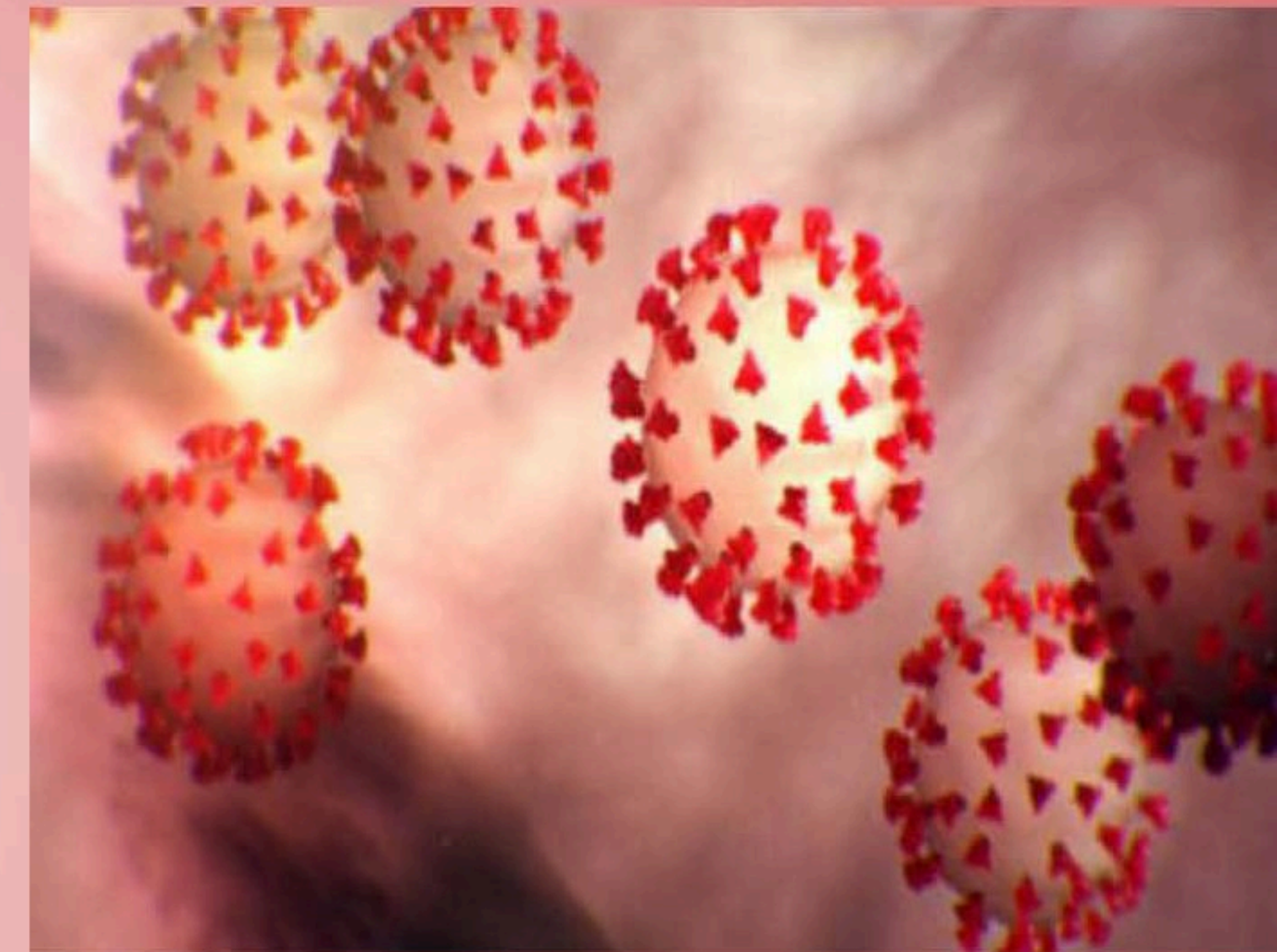
If they will not have a test:

1. They have had no fever for at least 72 hours (without medicine for fevers)
2. Other symptoms have improved (e.g. cough or shortness of breath)
3. 7+ days have passed since their symptoms first appeared

If they will be tested:

1. They no longer have a fever (without the use of medicine that reduces fever)
2. Other symptoms have improved
3. They received two negative tests in a row, 24 hours apart. Their doctor will follow CDC guidelines.

COVID-19 at Home



Tips from the Centers for Disease Control and Prevention

For more information:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>



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CARING FOR SOMEONE AT HOME

Care at home can halt the spread of COVID-19 and protect people who are at a risk for getting seriously ill from COVID-19!

To care for someone at home:

- Monitor symptoms
- Prevent the spread of germs
- Treat symptoms
- Carefully consider when to end home isolation



COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

MONITOR SYMPTOMS

If the person you are caring for at home is getting sicker, call their healthcare provider.

For medical emergencies:



Call 911 and notify the dispatch personnel that they have or are suspected to have COVID-19. If YOU develop **emergency warning signs** for COVID-19 get medical attention *immediately*.

EMERGENCY WARNING SIGNS*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

PREVENT SPREAD OF GERMS

- Have the person use a separate room and bathroom; avoid sharing personal household items
- Have them wear a facemask around people. If they cannot, you should around them.
- If you cannot wash hands, use a hand sanitizer (at least 60% alcohol).
- Wash laundry thoroughly.
 - If soiled, use disposable gloves to wash and wash your hands after removing gloves.
- Avoid having unnecessary visitors.



For more information: www.cdc.gov/COVID19