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# WHERE TO GO FOR COVID-19 TESTING

If you are in need of a COVID-19 test to return to work, return to school, make travel arrangements or have been exposed and are asymptomatic, consider the following options:

Department of Public Health  
[dph.georgia.gov/covidtesting](http://dph.georgia.gov/covidtesting)

The Little Clinic – Inside Kroger Marketplace  
[www.thelittleclinic.com](http://www.thelittleclinic.com)

Walgreens  
[www.walgreens.com](http://www.walgreens.com)

CVS Pharmacy  
[www.cvs.com](http://www.cvs.com)



## URGENT CARE

[nghs.com/covid-19](http://nghs.com/covid-19)

# WHAT CAN I DO AT HOME IF I HAVE BEEN DIAGNOSED WITH COVID-19?

## **Stay in Touch with Your Primary Care Provider**

Call and follow-up with your primary care provider through a video visit within 24 to 48 hours after you have been notified of the positive COVID-19 diagnosis. Do not go directly to your doctor's office without calling them.

## **Separate Yourself from Others**

Stay in a separate room with your own bathroom.

## **Prevent the Spread**

Prevent spread to others by practicing the 3Ws: Wash Your Hands, Watch Your Distance and Wear a Mask.

## **Lie Down on Your Stomach**

For those with a COVID-19 respiratory infection, consider lying face down on your belly to help improve lung function and oxygenation.

*Note: This is not advisable for pregnant women, those with facial injuries, recent abdominal surgery, spinal disease, neurological disease, or other injuries. Please check with your provider first regarding this exercise.*

## **Open Your Windows**

Keep the windows of your room open when possible by releasing stale air and introducing fresh air.

## **Monoclonal Treatment**

Monoclonal Antibody Therapy is a treatment that mimics your body's response to COVID-19, which can help boost your immune system. This treatment limits the spread and prevents your symptoms from progressing. Talk to your doctor to see if you are a candidate for this treatment.

## **Breathing Exercises**

Breathing exercises are not proven to prevent worsening of COVID-19 infection, but if you have COVID-19 respiratory infection they can help open parts of the lungs and dislodge the mucus. They can also help with reducing anxiety.

## **Monitor Your Oxygen Saturation with a Pulse Oximeter**

Use a pulse oximeter to monitor oxygen saturation frequently while at home. Contact your doctor if your oxygen level falls below 94%!

*Additionally, if you have trouble breathing, worsening chest pain, bluish discoloration of lip and/or worsening gastrointestinal symptoms, seek medical care immediately.*

## **Vitamins**

Many studies point to the beneficial effect of vitamin D on the immune system. Consider dietary supplements like Vitamin C, Vitamin D and Zinc. Please keep in mind that these are not proven therapies for COVID-19.



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