

CORONAVIRUS COVID-19 INFORMATION

Do you have symptoms such as muscle aches, fever, chills, runny nose, cough, sneezing, sore throat, vomiting or diarrhea?

You may have SARS-CoV-2, the virus that causes COVID-19, also known as the coronavirus. However, it's important to remember that you may also have the common cold or flu. Most patients with COVID-19 have mild symptoms and recover on their own with rest and hydration.

COVID-19 TEST

Lee Health medical professionals do not need to test all patients who show symptoms of cold and flu. But if we did test you for COVID-19, the results will be available asap.

- We will contact you for further instructions when test results are complete.

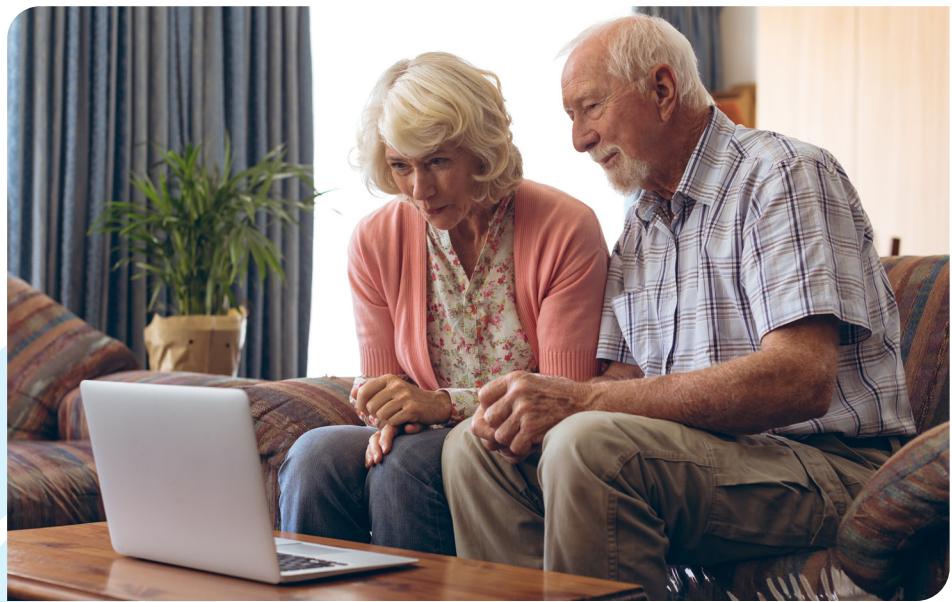
A POSITIVE TEST

So you've tested positive for COVID-19.



What are your next steps?

- The Centers for Disease Control and Prevention (CDC) recommends you stay in your home and avoid contact with others.
- Restrict activities outside your home, except for getting medical care. Don't go to work, school, or out in public – that includes using public transportation.
- Elderly residents and those with significant medical issues may suffer from more severe symptoms. If you fall into this category, our experts recommend self-isolation for at least 14 days after your first day of symptoms and several more after that if you are still sick.
- If you can, try to stay in a specific room and away from other people in your home. Also, use a separate bathroom, if possible.
- Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people. Thoroughly wash these items after you use them.
- Clean these areas as much as possible: Counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe and follow the label instructions.



PROTECT YOURSELF

To protect yourself from contacting COVID-19 or to prevent its spread if you have it, wash your hands and follow good hygiene practices:

- **Wash your hands often with soap and hot water.** Be sure to scrub in between your fingers as well as the front and back of your hands for at least 20 seconds each time you wash.
- **Soap and water not available?** Clean your hands with an alcohol-based hand sanitizer that contains at least 60 percent alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Don't touch your eyes, nose, and mouth with unwashed hands.**
- **Cover your mouth and nose with a tissue when you cough or sneeze.** Cough or sneeze into the crook of your arm or elbow if you don't have a tissue.
- **Throw your used tissues into a lined trash can** and then wash your hands as instructed above.

OTHER THINGS TO KNOW

- If you've been diagnosed with COVID-19, wait at least 14 days after you feel well before returning to your regular activities, work or school. You will need a return to work or school note.
- If you get sicker and experience difficulty breathing, chest pain, or have severe diarrhea or weakness, you may need to go to the Emergency Department. Call 911 and tell dispatch your symptoms and report that you have been tested for COVID-19. Please call your primary provider for detailed instructions on how this will work.
- Think of others: Wear a facemask before you enter a medical facility for treatment. If possible, put on a facemask before emergency medical services arrive.

For more information go to leehealth.org/public-health