



COVID-19 Self-Management Recommendations

How long do I need to isolate?

- If you have symptoms: end isolation after 5 full days if you are fever-free for 24 hours (without the use of fever reducing medication) and your symptoms are improving
- If you DON'T have symptoms: end isolation after at least 5 full days after your positive test
- If you are severely ill or have symptoms for greater than 5 days consult your provider before ending isolation
- Calculating isolation: Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

What are the best practices for isolation?

- Stay home for at least 5 days and isolate from others in your own home (if possible, stay in a specific "sick room" or area and use a separate bathroom)
- Wear a well-fitted mask if you must be around others in your home
- Take the following precautions until day 10:
 - Avoid travel
 - Wear a mask
 - Avoid being around people who are high risk
 - Drink plenty of fluids
 - Get rest
 - Use over-the-counter medications as needed for symptoms

What symptoms should I monitor for?

- Common symptoms that you may experience include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea/vomiting, and diarrhea
- Seek medical attention if you experience: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, pulse oxygen level less than 93%*, or pale, gray, or blue-colored skin, lips, or nail beds depending on skin tone, or any other symptoms that are severe or concerning to you

*Some people may always have a lower pulse oxygen level. If you have COPD or other chronic respiratory illness, please confirm your pulse oxygen range with your provider.

Can my provider's office help monitor my COVID-19 symptoms?

- Coastal Medical offers a remote patient monitoring program (RPM) for symptomatic patients who would like to have their symptoms monitored at home. Your care team would send you regularly scheduled text messages to check on your symptoms and concerns. Please call or text us at **401-484-1835** if you would like to enroll in RPM for your COVID-19 symptoms.

How can I manage my symptoms at home?

- Fever/Pain/Body Aches:
 - Acetaminophen (Tylenol)
 - Ibuprofen (Motrin, Advil)
 - Naproxen (Aleve)
- Cough:
 - Dextromethorphan (Delsym, Robitussin)
 - Guaifenesin (Mucinex)
- Sinus Congestion:
 - Pseudoephedrine (Sudafed)
 - Hot showers, hot tea, humidifier

Please be sure to follow recommended dosing directions for all over-the-counter medications. Speak with your provider or pharmacist if you have questions about if these medications are appropriate for you or how to take them.