Home care Information fo Coronavirus Disease 2019 (COVID-19)

For any questions, please call your doctor or the YNHHS COVID-19 Call Center at 203-688-1700, or toll-free at 1-833-275-9644.

Key Points

Stay at home if you are sick.
If you have questions about home quarantine or COVID-19, call your doctor or the COVID-19 Call Center: 203-688-1700. **Please call ahead before visiting your doctor or any other healthcare facility to let them know you are concerned your child might have COVID-19.**

Wash your hands and cover your cough or sneeze.
This is the best way to prevent spreading the disease. You can use a surgical facemask or cough/sneeze into your elbow. N-95 masks are not more effective and not necessary unless you are a healthcare worker. Using or collecting N95 masks depletes critical supplies for hospitalized patients and healthcare workers.

Seek further testing only if instructed by your doctor.
Not everyone can or should be tested for COVID-19. Before you seek further testing, call the COVID-19 Call Center at 203-688-1700 for guidance. If you go to another emergency room or clinic for testing without guidance, you risk exposing yourself and others.

If you were prescribed medications, please take them as directed.
You do not need antibiotics for COVID-19 treatment. If you are already taking medications at home, continue to take them as instructed by your prescribing physician(s).

Go to the emergency room if you develop difficulty breathing or other severe symptoms.
Call 911 for guidance first, mention your worsening COVID-19 symptoms, and return by private car or ambulance. Avoid using public transportation to limit exposure to others. Do NOT visit another healthcare facility without speaking with 911, your doctor or the COVID-19 Call Center.

Novel Coronavirus Disease 2019 (COVID-19)

Your best chance of recovery is to continue safe healthcare practices and maintain contact with the appropriate providers for further guidance and follow-up as instructed in this packet.
If these instructions do not make sense to you or your caregiver(s) or if you have any questions, please call 203-688-1700 or toll-free, 833-275-9644.

What is COVID-19?

COVID-19 stands for "coronavirus disease 2019." This is a respiratory illness that can spread from person to person. The virus that causes this disease was first discovered in Wuhan, China, in December 2019. The virus has since spread to other countries, and the first case in the United States was identified in January 2020.

Like the flu or common cold, COVID-19 is spread by droplets when infected persons sneeze or cough. The risk of infection is thought to be greatest when you are in prolonged close contact with an infected person (such as a family member). It may be possible to catch the virus by touching an infected surface and then touching your nose or mouth, but this is probably not the primary way that the virus spreads. Practicing social distancing (such as avoiding travel, standing at least 6 feet away from other people and avoiding shaking hands) is probably more effective than wearing a facemask, which will cause you to touch your face more often.

Unlike the flu or common cold, the symptoms of COVID-19 tend to be more gradual. The most common symptoms are fever, cough and body aches. The elderly, immunocompromised and people with lung or heart disease are at the highest risk of becoming very ill.

There is no specific antiviral treatment or vaccine for COVID-19. Antibiotics do not treat COVID-19 since it is viral, not bacterial. Most young and otherwise healthy people will get better at home in 1-2 weeks with supportive care, which includes rest, hydration and medicine to lower your fever such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil).

What are my next steps?

If you have further questions, call the Yale New Haven Health COVID-19 Call Center at 203-688-1700 or toll-free at 1-833-275-9644.

- **Get the flu vaccine or a booster if you do not have one yet.** Encourage your family members to do the same, especially if they are elderly.

- **Stay at home if you are sick.** If you need further guidance on home quarantine or have questions about COVID-19, call COVID-19 Call Center. Please call ahead before visiting your doctor.

- **Wash your hands and cover your cough or sneeze**. You can use a surgical facemask or cough/sneeze into your elbow. Dispose of tissues in a lined trash can and immediately wash your hands for at least 20 seconds. If soap and water are not available, you can use an alcohol-based hand sanitizer containing 60-95% alcohol, rubbing your hands together until they are dry. Soap and water are recommended for visibly soiled hands. Do not share dishes, bedding or other household items with others unless thoroughly washed. This is the best way to prevent spreading the disease. N-95 masks are NOT more effective than surgical facemasks and are only recommended for healthcare workers. Using or collecting N95 masks depletes critical supplies for hospitalized patients and healthcare workers.

- **Seek further testing ONLY if instructed by your doctor.** Not everyone can or should be tested for COVID-19. Outpatient testing centers require an order from your primary doctor. If you go to another emergency room or clinic for testing without guidance, you risk exposing yourself and others.

- **Do NOT visit another healthcare facility without first speaking with your doctor or our follow-up office.** Contact your primary care doctor to evaluate your progress and recovery if instructed to do so. If you do not have a primary care doctor, you can call 855-NEMG-MDS for a Northeast Medical Group physician, or 1-888-461-0106 for more information or assistance in selecting a doctor. Yale Health members should call the Yale Health COVID-19 hotline at 203-432-6604.

- **Please avoid social stigma or discrimination against Asian Americans, infected individuals and those under quarantine.** Stigma hurts everyone by creating fear, anger and anxiety towards ordinary people without treating or preventing the underlying disease.

What should I watch out for in the next few days?

Currently, there is no approved treatment for COVID-19. If you start to develop any of the symptoms listed below, or your current symptoms worsen, call your healthcare provider or the COVID-19 Call Center for guidance. Call 911 if it is a medical emergency.
- Worsening fatigue/malaise
- Shortness of breath
- Inability to keep fluids down
- Noticing darkened or decreased urine output
- Confusion or altered mental status

- Any other concerning symptoms

Where can I find more information about COVID-19?

Since this is a new disease caused by a new virus, scientists and researchers are discovering new information every day. We strongly encourage you to check for updates from these official sources:

- The Centers for Disease Control and Prevention (CDC) COVID-19
    - https://www.cdc.gov/coronavirus/2019-ncov/index.html
    - https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.htm

- The World Health Organization (WHO) Q&A on COVID-19
    - https://www.who.int/news-room/q-a-detail/q-a-coronaviruses
- Yale New Haven Health System
    - https://www.ynhhs.org/patient-care/covid-19.aspx
- Yale University
    - https://communications.yale.edu/covid-19-information