

# Coronavirus (COVID-19) Information

Thank you for calling us regarding your symptoms. Based on what you told us, you may have the coronavirus (COVID-19). Even if you only feel a little sick, the virus can pass from you to other people around you, and make them extremely sick. Please read the information below to learn more about how to take care of yourself and how to avoid infecting others.

## Taking care of yourself:

There is no specific treatment for coronavirus at this time. As with any other illness, the best things you can do are rest and make sure you are drinking enough fluids. If you have fever or pain, use Tylenol (acetaminophen) first. You can also use NSAIDS (ibuprofen, naproxen, or other non-steroidal anti-inflammatories) if Tylenol is not working and there is no other reason you cannot use NSAIDs.

*If at any point you start feeling worse - especially if you start having trouble breathing, or chest pain or pressure - please call 617-665-1977 or your primary care clinic. If you have severe symptoms, please call 911 immediately.*

## Because you may have coronavirus, it is important that you stay home and follow the instructions below:

- **Staying home.** You should not leave your house except to get medical care. You should not attend work or school. You should avoid public places and stores and you should not use any form of public transportation. Do not have any visitors unless absolutely needed.
- **Seeking medical care.** If you have questions or concerns, please call the clinic. If you believe you need to be seen, please call the clinic and let them know that you are under self-isolation for coronavirus. In an emergency, please dial 911.
- **Staying safe.** Stay in one room of the house by yourself, preferably with the window open. Use a separate bathroom if possible. Wash your hands frequently with soap and water for at least 20 seconds. Avoid touching your face, mouth, eyes, and nose, and cough or sneeze into a tissue.
- **Keeping things clean.** Do not share personal items (like brushes) with other household members. Do not share kitchen items (dishes, cups, silverware) or linens (towels/bedding) with other household members. Clean surfaces you use a lot every day - things like doorknobs, phones, lamps, light switches and bathroom fixtures like faucets.

- **Other needs:** During this time, some people are finding it difficult to make sure they have enough food and medicines at home or are having trouble with rent or other financial matters. If you need assistance, please call your primary care provider's office.

## It will be safe for you to be around other people when:

- it has been at least 72 hours since you had a fever (a fever is a temperature of 38C or 100.4F or above),
- AND**
- you have improvement in your respiratory symptoms (cough, shortness of breath),
- AND**
- it has been at least 10 days since your symptoms started.

## Taking care of your close contacts:

Your household members (people who live with you) and anyone else who has spent 10 minutes or more within 6 feet (2 meters) of you are considered close contacts. Because they have been in close contact with you, they are at risk of infection. You can help them stay safe by following the instructions above. Your household members and any other close contacts should follow the recommendations below:

- **Staying home.** Your close contacts should stay home for 14 days. This means they also should not go to work or school.
- **Seeking medical care:** If a member of your household or other close contact starts to feel sick, they should call their primary care doctor.

Even after you are feeling better, you should continue to limit how much you go out until health authorities announce it is safe to stop.

We are here to help keep you healthy and safe. If you have any further questions about your health, please call your primary care office.

*Wishing you and your loved ones health, sincerely,*

Your CHA Team