

What you should do if you or someone else in your household has COVID-19

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What if I have symptoms and am concerned that I might have COVID-19?

- **Call ahead to your doctor or emergency care facility. Do not just walk in or you risk other lives.**
 - Waiting rooms are often full of older patients with heart disease, cancer, and other conditions for whom the coronavirus could be fatal
 - Confirm with your doctor/health provider that your symptoms are consistent with COVID-19
 - Are your symptoms related to allergies? The common cold? The flu?



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What if I have symptoms and am concerned that I might have COVID-19?

Common symptoms of COVID-19

- Cough
 - Shortness of breath/difficulty breathing
 - Fever
 - Chills
 - Muscle pain
 - Sore throat
 - New loss of taste/smell
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- **If symptoms are not severe** you will be given instructions on how to self treat and monitor your symptoms and if a test is necessary and available at the time of assessment by phone.



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Danger signs of COVID-19

- **When to seek emergency medical attention:**
 - Trouble breathing
 - Persistent pain/pressure in chest
 - New confusion
 - Inability to wake or stay awake
 - Blue-ish lips or face
- **When seeking medical attention: *call first!***
 - Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** Put on a facemask ***before*** you enter the health care facility.
- Try to stay at least 6 feet away from other people in the waiting room.



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Stay home except to get medical care

- **Stay home, treat symptoms, contact your doctor, and avoid public transportation**
- **Everyone** in the home should **limit errands** (they might be infected but be asymptomatic)
 - If errands must be made:
 - Wear a face mask
 - Practice hand hygiene
 - Avoid crowds
 - Physically distance (6+ feet)
 - Consider commuting at non-peak times (especially if using public transportation)
 - Stock up on essentials to limit frequency of leaving home



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Separate yourself from other people in the household

- Maintain 6 feet of distance if possible
- Wear a face mask even at home
- Use different specified rooms/bathrooms if possible
 - If sharing a bedroom:
 - Consider using physical dividers (shower curtains, room screen dividers, quilts, etc.) to separate the “ill” side of the bed
 - Use fans and open windows to increase circulation
 - Sleep head to toe
 - If sharing a bathroom
 - Open doors/windows and use ventilation fans to increase air circulation
 - Wait as long as possible before entering bathroom to clean/disinfect/use
- Eat separately



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Practice good hygiene

- Cover your coughs and sneezes
- Wash hands often for 20+ seconds or use hand sanitizer
- Avoid touching face
- Disinfect “high touch” surfaces/items frequently
 - Disinfect your own sick room/bathroom if possible
 - Use approved disinfectants when cleaning surfaces
- If sharing a bedroom/bathroom, clean and disinfect the bathroom after use



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Do NOT self medicate



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“I have heard that medication X might be an effective treatment”

- **Do not listen to anyone advocating treatment for COVID-19 who is not qualified to do so!**
- Drug side effects and drug interactions must be considered when prescribing medication as well as the health status of those taking them.
- When it comes to medicine prescription, the devil is in the details:
 - Who should/should not take X medication
 - In combination with/without other medications
 - When
 - What dosage
- **Do not take self treat with antibiotics, steroids, inject disinfectants or expose yourself to UV-C light; these can cause severe injury and will not treat COVID-19**



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Dietary Supplements and COVID-19

- Vitamin D has been shown to reduce symptoms in those who are Vitamin D deficient. If you have a doubt as to whether you are deficient there is no harm in taking up to 5,000 units of vitamin D.
 - Vitamin D has been previously shown to support general immune health as it has immuno-supportive effects
- High-dose zinc and vitamin C (ascorbic acid) have not been found to impact the course of symptoms in patients with mild COVID-19
 - A clinical trial found (using 50% reduction in symptoms as the primary endpoint), found no difference in the number of days to symptoms abate whether patients received zinc gluconate, ascorbic acid, both supplements, or neither



If you are caring for someone who is sick



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Track symptoms and provide basic needs

- Help support individuals who are sick by ensuring they are following prescribed care plans
- Help with grocery shopping, filling prescriptions, etc.; **utilize delivery services if possible**
- **If someone you are taking care of is experiencing any of the following symptoms, call emergency services (911):**
 - **Trouble breathing**
 - **Persist pain/pressure in the chest**
 - **New confusion**
 - **Inability to wake or stay awake**
 - **Bluish lips or face**



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Limit contact with sick individual

- Maintain 6 feet if possible
- Use a separate bedroom/bathroom
 - If you must share a bedroom:
 - Consider using physical barrier (curtain, bedsheet, etc.) to separate “sick” side of bed
 - Open windows and use fans to increase circulation
 - Disinfect surfaces
 - Wait as long as possible before entering to clean/disinfect
- If sharing a bathroom
 - Disinfect surfaces frequently
 - Wait as long as possible before entering to clean/disinfect/use
 - Open windows and use ventilation to increase circulation



Stay home!

- Limit running errands as much as possible (you may be infected but asymptomatic)
 - Stock up on essentials to limit frequency of leaving home
 - Utilize delivery services if possible
 - If you must run errands for essential errands:
 - Wear a face mask
 - Practice hand hygiene
 - Avoid crowds
 - Physically distance (6+ feet)
 - Consider commuting at non-peak times (especially if using public transportation)
- The CDC recommends caregivers stay home for at least 14 days after their last close contact with someone who is sick, or 14 days after the person being cared for is sick meets the criteria to end home isolation



Use personal protective equipment

- Wear gloves when handling a sick individual's blood, stool, or other body fluids (saliva, mucus, vomit, etc.)
- **DO NOT REUSE GLOVES:** Throw gloves out immediately and wash hands
- **BOTH** caregiver and sick individual should wear a mask when interacting with each other



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Follow good hygiene practices

- Wash hands frequently
 - After cleaning/disinfecting surfaces
 - After caring for sick individual
 - After returning home from an errand
 - After handling high-touch surfaces (doorknobs, shared computers, surfaces, etc.)
- Avoid touching your face
- Clean (remove dirt, etc.) *then* disinfect (kill bacteria/viruses) surfaces/items in shared areas
 - If possible, let sick individuals clean their *own* room/bathroom to prevent exposure
 - Use approved disinfectants when disinfecting areas
- Wash/dry laundry
 - Wear gloves when handling dirty laundry





Get tested if caring for someone who is ill

- Get tested as soon as they find out they are positive for COVID-19 if you have had prolonged contact with them.
 - Get a PCR or Antigen test
 - Even if you test negative there is a chance that the test is a false negative if you are very early in your infection
- Get tested while you are caring for someone with COVID 19 if you experience any symptoms.
 - In the meantime presume you are infected
- Get tested after the person you are caring for is in remission to be sure you have not contracted the virus before interacting with others and letting your guard down.



How do I know when I can be with others?



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CDC's criteria to end home isolation

- The length of recovery may vary depending on several factors, however *generally* you may be with others if you meet **ALL** the following criteria:
 - **10 days since symptoms first appeared**
 - **24 hours with NO fever/use of fever-reducing medication**
 - **Symptoms are improving**



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