



PATIENT INSTRUCTIONS

COVID-19 (NOVEL CORONAVIRUS)

Coronaviruses are common throughout the world and cause illness like the common cold. In 2019, a new version of Coronavirus started spreading throughout the world. The symptoms of this new virus include cough, fever, and shortness of breath, and are very similar to other viruses such as Influenza (the Flu). Symptoms begin 2 - 14 days after coming into contact with another sick person. Most people will get over the infection easily, but a small number of people will have severe symptoms, including pneumonia (lung infection). Severe illness is more likely to happen in older people, as well as people with other health problems.

HOME CARE



Please stay at home except to receive medical care. Do not go to work or public areas, and avoid using public transportation.



If you are sick, a facemask will help prevent spreading your illness. Wear a facemask when you are around other people, pets, or before you enter a healthcare facility. If you are not sick, you do not need to wear a facemask.



Clean and disinfect surfaces that you touch and keep others from touching those surfaces.



Frequently wash your hands with soap and water for 20 seconds. If soap and water aren't available, use an alcohol-based hand rub (with at least 60% alcohol).



Drink plenty of fluids and rest.



Avoid touching your eyes, nose, and mouth with unwashed hands. Cover your cough or sneeze with tissue and throw it in the trash. Wash your hands afterwards.

WHEN TO GET HELP

Here are some of the reasons you should see a medical provider sooner:

- You are having trouble breathing
- You are very weak and unable to stand
- You are breathing very fast
- Blue color around the lips or face

FOLLOW-UP

If you haven't received follow-up and your symptoms have worsened, please call your Intermountain Healthcare Provider at 702-852-9000.



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PATIENT INSTRUCTIONS

COVID-19 TESTING



Your medical provider makes the decision to perform testing based on current rules, or guidelines, that are made by the CDC (Centers for Disease Control and Prevention), as well as state and local health departments. Even if you were not tested today, please remember that you still have an illness that can spread to other people. Staying at home and avoiding all contact with other people is the best way to do this.

If you were tested today:

Due to limited laboratory supplies, COVID-19 tests are being prioritized by greatest need, for example, hospitalized patients and sick healthcare workers. It may take several days for your test to be completed. While waiting for the results, you need to stay home and away from public places. You should also try to stay in a single room in your home and away from others living with you.

If the test is **positive**, you have COVID-19. You will be contacted by the Intermountain Healthcare monitoring team and instructed to remain on home isolation, in accordance with CDC guidelines, until notified when you can discontinue home isolation. You may also be contacted by the Southern Nevada Health District to assess if any of your close contacts may have been exposed to the virus. If your symptoms get worse, contact the COVID-19 Hotline 844-442-5224. If you are told to go to the Emergency Room, please call ahead or notify the 9-1-1 dispatcher that you have COVID-19.

If the test is **negative**, you likely do not have COVID-19 at this time, but you still may have a different illness that can spread to other people (like Influenza, or the Flu) and could still be at risk for getting COVID-19. We still ask that you stay away from other people to limit the spread of illness.

If you were NOT tested today:

You may have COVID-19, but a test was not recommended based on current guidelines. You will need to remain on home isolation, in accordance with CDC guidelines, until notified when you can discontinue home isolation. If your symptoms get worse, contact your provider. If you are told to go to the Emergency Room, please call ahead or notify the 9-1-1 dispatcher that you may have COVID-19.



It is also possible that you do not have COVID-19. Even if you were not tested today, please remember that you still have an illness that can spread to other people. **Staying at home and avoiding all contact with other people is the best way to do this.**

MEDICINES

Acetaminophen (Tylenol® and others) is generally safe. Anti-inflammatory medications, such as Ibuprofen (Advil® or Motrin®) or Naproxen (Aleve®) are not recommended. Over-the-counter cough and cold medicines can be used according to the instructions on the package. Some over-the-counter medicines also contain acetaminophen. Make sure you are not taking more than your recommended dose. For those not hospitalized, there is no specific treatment available for this illness. Antibiotics do not treat Coronaviruses.



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