



Russell Medical

What if I'm diagnosed with COVID-19, also known as Coronavirus?

Definition

You have been tested for or diagnosed with **COVID-19**. It is an infection caused by a new type of coronavirus. **COVID-19** will cause mild cold-like symptoms in most. It can cause more severe symptoms like problems breathing in some.

There is no treatment for **COVID-19**. The body will clear the infection over time. Self-care will help to ease discomfort.

Steps to Take

Self-Care

Rest as needed. Healthy habits may help you feel better. Steps include:

- Choose healthy foods including fruits and vegetables. Drink water throughout the day.
- Get plenty of sleep each night.
- If you smoke, try to quit. It may ease breathing.
- Avoid alcohol.

Keep Others Healthy

The virus can spread to others. Droplets are released every time you sneeze or cough. The droplets can get into the mouth, nose, or eyes of people near you and lead to infection. To lower the chances of spreading **COVID-19** to others:

- Stay at home until your doctor has said it is safe. You may need to stay until illness has passed. Only leave home for medical care or emergency.
- Avoid public areas, events, or transportation. Do not return to work or school until your doctor has said it is safe to do so.
- Call ahead if you need to go to a medical center. Let them know you may have **COVID-19**. It will help them guide you where to go. They may also ask you to wear a facemask when you come to the office. If you call for emergency medical services, let them know you may have **COVID-19** as well.

While at home:

- Try to avoid close contact with others. Stay about 6 feet away. If possible, spend most of your time in separate rooms.
- Use a face mask if you will be in close contact with others such as sharing a room or vehicle.
- Have someone wipe down common surfaces in the home. Use household cleaners every day on areas like doorknobs, counters, or sinks.
- Cough or sneeze into a tissue. Throw the tissue away right after use. If a tissue is not available, cough or sneeze into your elbow.
- Wash your hands often. Wash them after sneezing or coughing. Use soap and water and wash for at least 20 seconds. Alcohol based hand cleaner can be used if soap and water is not available.
- Do not prepare food for others. Avoid sharing personal items like forks, spoons, or toothbrushes.
- Avoid close contact with pets while you are sick. There is no evidence of the virus passing to pets. This is a safety step until more is known about this virus.

Isolation can be frustrating. Social interaction can help. Keep in touch with friends and family through phone and tech options. You can still interact with others in your home, just keep a safe distance of about 6 feet.

Follow-up

Tests to confirm COVID-19 may take a few days. You may need to follow steps above until test results come back. Your doctor's office will check in with you to see if there are any changes in your health. They will also let you know when you are clear to be in public again.

Problems to Look Out For

Contact your doctor if your recovery is not going as you expect, or you have problems such as:

- Difficulty breathing
- Chest pain
- Worsening of symptoms

If you think you have an emergency, call for emergency medical services right away.

Resource: EBSCO Publishing