GTW/YM COVID-19 RECOMMENDATIONS

Most Common Symptoms of COVID-19 People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.** This list does not include all possible symptoms. CDC will continue to update this list as they learn more about COVID-19.

• Fever or chills • Cough • Shortness of breath or difficulty breathing • Fatigue	• New loss of taste or smell • Sore throat • Congestion or runny nose	• Nausea or vomiting • Diarrhea • Muscle or body aches • Headache

When you THINK or KNOW YOU HAVE COVID-19 and HAVE SYMPTOMS (whether positive or negative test results)

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

Monitor symptoms such as trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face. Consider getting a pulse oximeter and monitor oxygen levels if you are having any respiratory symptoms. If oxygen levels are persistently under 93% and/or if you have worsening symptoms, seek emergency care immediately.

Self-isolate to separate yourself from other people, even in your own home.
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Try to stay at least 6 feet away from others if you must be around them and wear a mask.
- Don't share personal household items, like cups, towels, and utensils
- Clean your hands frequently.
- Disinfect high touch surfaces frequently.

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

What's considered close contact with someone with COVID-19?
- o You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- o You provided care at home to someone who is sick with COVID-19
- o You had direct physical contact with the person (hugged or kissed them)
- o You shared eating or drinking utensils
- o They sneezed, coughed, or somehow got respiratory droplets on you

Stay home (except to get medical care) **until after ALL THREE of the following are true**
- At least 10 days since symptoms first appeared *and*
- At least 24 hours with no fever without fever-reducing medication *and*
- Symptoms have improved*
  Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
  If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home.
  If you have a weakened immune system (immunocompromised) due to a health condition or medication, you might need to stay home and isolate longer than 10 days. Talk to your healthcare provider for more information.

When you TEST POSITIVE for Covid-19 *but DO NOT HAVE SYMPTOMS*:
Observe all precautions above and **STAY HOME until after 10 days have passed since your positive test**

When you've had CLOSE CONTACT with someone with known/likely Covid-19 (see above for definition)

Monitor symptoms
- Watch for fever (100.4◦F), cough, shortness of breath, or other symptoms of COVID-19
- Testing at entry to quarantine provides little additional benefit and is not recommended unless you are sick.

Quarantine to help prevent spread of disease that can occur before a person knows they have the virus.
- Stay home for up to 14 days (see below)
- Stay away from others, especially those at higher risk for getting very sick from COVID-19
- When around others, maintain social distance (at least 6 ft) and wear a mask at all times, wash hands frequently

Discontinuing quarantine options (https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html
- Stay home until 14 days after last contact (preferred)
- Acceptable alternatives (balances reduced burden against a small possibility of spreading the virus)
    - Recommendations updated 12.2.2020 (monitor website above for changes)
    - Quarantine can end **after Day 10 without testing and if no symptoms** have been reported during daily monitoring. With this strategy, residual post-quarantine transmission risk is estimated to be about 1% (upper limit about 10%).
    - Quarantine can end **after Day 7 if a PCR or rapid Covid-19 test is negative AND if no symptoms** develop during daily monitoring. **Testing must occur within 48 hours before the time of planned quarantine discontinuation.** Quarantine cannot be discontinued earlier than after Day 7. With this strategy, residual post-quarantine transmission risk is estimated to be about 5% (upper limit about 12%).
- After stopping quarantine, people should
    - Watch for symptoms until 14 days after exposure.
    - If any symptoms, immediately self-isolate and contact local public health authority or healthcare provider.
    - Continue to wear a mask, stay at least 6 feet from others, wash hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

When you have had Routine Covid-19 testing without symptoms or known exposure history

You may return to usual activities pending results of testing. If test is positive, see recommendations above.

Additional FAQ's

What precautions should I take after attending a large gathering, or after domestic or international travel?
- Stay home and especially avoid contact with people at higher risk for severe illness
- Practice social distancing (maintain a distance of 6 feet) and wear a mask if you must be around others
- Wash hands often or use hand sanitizer
- Monitor for fever and symptoms of COVID-19; If you develop symptoms, arrange for COVID-19 testing

I think I already had COVID-19. Is there a way to find out if I had it? An antibody test (blood test) might tell you if you had a *past* infection. Testing must occur at least 14 days after your first symptom. Antibody testing is not recommended to diagnose COVID-19 infection. If a person has antibodies, it doesn't mean they are immune from getting it again.

I already had COVID-19. Can I get it again? Researchers are still investigating this question. If you have recovered from your symptoms after testing positive for COVID-19, *you may continue to test positive for three months or more without being contagious to others*. *For this reason, you should be tested only if you develop new symptoms of possible COVID-19.* Getting tested again should be discussed with your healthcare provider, especially if you have been in close contact with another person who has tested positive for COVID-19 in the last 14 days.

I already had COVID-19 and would like to donate plasma. Please check with Carter Blood Care for more information.

Looking for testing? www.GoGetTested.com

INFORMATION ABOUT THIS NOVEL INFECTION IS CHANGING FREQUENTLY.
Refer to CDC site for more specific, updated information https://www.cdc.gov/coronavirus/2019-ncov/

Medical Records Release form required for communication between our office and school or employers,
https://www.gtw-health.com/patientinfo/medical-records-request/