



WHAT TO DO IF YOU HAVE CONFIRMED OR PROBABLE CORONAVIRUS DISEASE (COVID-19)

If you have tested positive for COVID-19 or are considered to be a Probable COVID-19 case (because you have been exposed to someone with COVID-19 but have not been tested), you should follow these instructions to help prevent the disease from spreading to people in your home and community:

KNOW THE SYMPTOMS OF COVID-19

The most common symptoms of COVID-19 are fever, cough, shortness of breath, and fatigue. If you have been exposed to someone with laboratory confirmed COVID-19 and are experiencing symptoms, you might have COVID-19. Contact your doctor to see if you need to be tested.

STAY HOME EXCEPT TO GET MEDICAL CARE

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

SEPARATE YOURSELF FROM OTHER PEOPLE AND ANIMALS IN YOUR HOME

- **People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Animals:** You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask. See [COVID-19 and Animals](#) for more information.

CALL AHEAD BEFORE VISITING YOUR DOCTOR

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

WEAR A FACEMASK

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

COVER YOUR COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands as described below.



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CLEAN YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

AVOID SHARING PERSONAL HOUSEHOLD ITEMS

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, remote controls, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

MONITOR YOUR SYMPTOMS

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID19. If possible, put on a facemask before emergency medical services arrive.

HOW TO DISCONTINUE HOME ISOLATION

People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:

1. You have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers) **AND**
2. other symptoms have improved (for example, when your cough or shortness of breath have improved) **AND**
3. at least 10 days have passed since your symptoms first appeared



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More information on discontinuing home isolation is available here:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

In all cases, **follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

FOR ADDITIONAL INFORMATION:

Find us on Facebook @StJosephHealthDepartment

City of St. Joseph website

<https://www.stjoemo.info/912/COVID-19-Coronavirus>

MODHSS website

<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/>

Missouri DHSS COVID-19 Hotline 1-877-435-8411

CDC website

<https://www.cdc.gov/coronavirus/2019-ncov/>