CORONAVIRUS DISEASE 2019 (COVID-19) SELF-QUARANTINE AND CARE

Think you may have COVID-19? Here's what to do.

At Atrium Health Employer Solutions, we're doing everything we can to make sure you're safe and cared for. And making the best care decisions starts with having the right information.

Check your symptoms

Some people infected with COVID-19 have no symptoms. When COVID-19 does cause symptoms, they are often similar to what you might experience with a cold or the flu. The most common symptoms include:

- Fever
- Cough
- Shortness of breath
- Congestion or runny nose
- New loss of taste or smell
- Chills
- Repeated shaking with chills
- Nausea or vomiting
- Muscle pain
- Headache
- Sore throat
- Diarrhea

Sometimes, COVID-19 causes more severe symptoms. In adults, emergency warning signs of COVID-19 include:

- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to wake up
- Bluish lips or face

This list of more severe symptoms is not all-inclusive. If symptoms are life-threatening, call 911 immediately.

Keep calm, and keep your distance

If you suspect you may have COVID-19, try not to panic. Your symptoms could be caused by the flu or another respiratory virus. Plus, COVID-19 does not cause serious health problems for most people who are otherwise healthy.

The most important action you can take is to stay home. Keeping your distance from others – sometimes called "self-quarantining" – is key to preventing the spread of the virus while you rest and get better.

Remember: While most cases of COVID-19 are mild, you still may be contagious, so it's always best to avoid exposing others.

What to do at home

If you think you may have COVID-19, self-quarantining is just the first step in protecting your friends, family and coworkers. Here are some guidelines that you and the people you live with should follow at home:

Stay home except to get medical care.
If you need in-person medical care, call ahead to make sure the office knows you're coming and can take precautions to keep you and others safe.

Wash your hands often.
Wash with soap and warm water for at least 20 seconds, or use a hand sanitizer with at least 60% alcohol.

Separate yourself from other people and animals at home.
This is called self-isolation.

Wear a face mask.
If you have a face mask that covers your nose and mouth, wear it when you're in the same room as other people.

Avoid sharing household items like dishes, cups, utensils, towels and bedding.
After using these items, you should wash them thoroughly with soap and water.

Cover your coughs and sneezes.
Cover your mouth and nose with a tissue or your upper sleeve when you cough and sneeze. Throw your used tissues away and immediately wash your hands.

Frequently clean and disinfect surfaces that are touched often.
These include things like doorknobs, phones, keyboards and bedside tables.

Avoid touching your face.
Don't touch your mouth, nose or eyes, especially with unwashed hands.

Limit the number of people you have contact with.
If possible, have only one caregiver and avoid having unnecessary visitors at your home.

Prioritize your mental health

While you're at home, it's important to take care of your mental well-being, too. If you're feeling down or anxious and need someone to talk to, please call our 24/7 Behavioral Health Help Line at 704-444-2400 to speak to a licensed professional.

Testing and care options

- Have a video visit – Start a virtual video visit now

- Make an appointment with your primary care provider – Call their office or schedule online. Don't have a doctor? Call 704-468-8888

- Go to Urgent Care – Walk in or reserve your spot at a location near you

- Visit a mobile testing site – See where we are this week and just walk up

For more information about COVID-19 visit AtriumHealth.org/Coronavirus.

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