At Home Care with Possible Viral Illness or COVID-19

You have a viral syndrome. This may include symptoms like muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, throwing up or diarrhea (watery stools).

- One possible virus you may have is SARS-CoV-2, the virus that causes COVID-19, also known as the novel coronavirus.
- The virus you have may be a different infection such as the common cold or flu.
- Most patients with COVID-19 have mild symptoms and recover on their own. Resting, staying hydrated, and sleeping are often helpful.
- The elderly or anyone with serious medical issues may have worse symptoms.
- If your general health is well, you will be able to go home and treat your symptoms with liquids by mouth and medicines for fever, cough and pain.

COVID-19 Testing

- If you had a COVID 19 test, we will have the results in a few days.
- If the result is positive or negative, a member of the UChicago Medicine team will call you and talk with you about the results.

Precautions When Seeking Care at a Healthcare Facility

Get medical attention right away if your illness gets worse including having a fever or having a hard time breathing.

- Call the doctor or emergency room ahead of time.
- Put on a facemask before you enter the emergency room or clinic.
- Put on a facemask before emergency medical services arrive at your home.
- These steps will help the doctor's office keep other people in the office or waiting room from getting infected or exposed.

Staying at Home

- Do not leave your home, except to get medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.
- Do not have contact with other people or animals in your home. This is so you will not spread this infection. Stay in a separate room and use a separate bathroom.
- You must self-isolate for at least 7 days after your symptoms have gone away.
- Wait for at least a week and several more days after you feel well before returning to your regular activities, work or school.
### At Home Care with Possible Viral Illness or COVID-19

#### Precautions at Home

- If you get sicker you may need to go back to the Emergency Department or contact your doctor for another exam.
  - This includes having symptoms of a hard time breathing, chest pain, not able to eat or drink much, throwing up, diarrhea (watery stools) or feeling weak.
- Do not share personal household items including dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, wash them really well with soap and water.
- Do not touch your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and then wash your hands with soap and water right away for at least 20 seconds or with an alcohol-based hand sanitizer.
- Wash your hands often with soap and water for at least 20 seconds. If you do not have soap and water, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
  - Cover all surfaces of your hands and rub them together until they feel dry.
  - Soap and water must be used if you can see dirt of your hands.

#### Cleaning Your Home

- Clean high touch surfaces every day. This includes counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surfaces that may have blood, stool, or body fluids on them.
- Use a household cleaning spray or wipe to clean surfaces. Follow the instructions for safe and effective use of the cleaner. This includes precautions such as wearing gloves and making sure you have good air ventilation when using the product.

#### Resources for More Information

**Illinois Department of Health websites:**

**Centers for Disease control (CDC) Corona Website:**

**For more questions:** Talk with your state or local health department or your doctor.
You can also contact UChicago Medicine COVID-19 Hotline at (773) 702-2800