Managing Your Health At Home When You Have a Viral Illness

Please read the information in this packet. This will help you know what to do to help keep viral illness from spreading to other people in your household and your community.

Table of Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Ways to Manage Your Health At Home When You Have a Viral Illness</td>
<td>2</td>
</tr>
<tr>
<td>COVID-19 and Self-Isolation</td>
<td>3</td>
</tr>
<tr>
<td>Precautions for Viral Illness or COVID-19</td>
<td>4 - 5</td>
</tr>
<tr>
<td>Medication Instructions for Oseltamivir (Tamiflu) for Influenza</td>
<td>6 - 7</td>
</tr>
<tr>
<td>Handwashing Instructions</td>
<td>8</td>
</tr>
</tbody>
</table>

Content adapted from Centers for Disease Control and Micromedex Carenotes™. Health Literacy and Plain Language Translation by Diversity, Inclusion and Equity Department 3-22-2020
10 Ways to Manage Your Health At Home When You Have a Viral Illness

1. **Stay home** from work, school, and away from other public places if you have symptoms.
   
   If you must go out, try not to use public transportation, ridesharing, or taxis.

2. **Watch for symptoms.**
   
   If your symptoms get worse, call your doctor. If you do not have a doctor, call our hotline at (773) 702-2800.

3. **Get rest and stay hydrated.**

4. **If you have a medical appointment, call the doctor ahead of time.**
   
   Tell them that you have or may have a viral illness.

5. **For a medical emergency call 911 or go to your local emergency department.**

6. **Cover your cough and sneezes.**

7. **Wash your hands often.**
   
   Use with soap and water for at least 20 seconds. You can also clean your hands with an alcohol-based hand sanitizer with at least 60 percent alcohol.

8. **Stay in a separate room and away from other people in your home.**
   
   Use a different bathroom. If you need to be around other people wear a facemask.

9. **Do not share personal items** with other people in your home including dishes, towels, and bedding.

10. **Clean all surfaces that are touched often.**
    
    This includes counters, tabletops, and doorknobs. Use household cleaning sprays and follow the label instructions.

Go to [www.cdc.gov/covid19-symptoms](http://www.cdc.gov/covid19-symptoms) for information on COVID-19 symptoms.

For more information related to COVID-19 go to: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

UChicago Medicine COVID-19 Hotline (773) 702-2800
**COVID-19 and Self-Isolation**

Self-Isolation helps stop the spread of COVID-19 (coronavirus). You must self-isolate if you have been in close contact (within 6 feet) of someone who has tested positive for COVID-19.

### People on Self-Isolation Must Do These Things for 14 Days

- **Stay home most of the time.** Do not go to school, work, or public areas or attend large gatherings.
- Do not use public transportation, ride sharing or taxis.
- Do not travel. If you travel and get sick when traveling, you must tell healthcare and local public health workers about your recent travel.
- **Wash your hands often and practice good hygiene.**
  - If you feel healthy, you may be able to leave the home (in a private car) for a limited time to take care of basic needs. This may include grocery shopping or visiting the pharmacy. Do not go out of the house during busy times of the day.
  - Do not go to non-emergency medical appointments until after your 14 days of self-isolation. If you have a medical appointment that you have to go to, you must work with your doctor and local public health workers to plan the visit.
  - If a person you had close contact with becomes positive for COVID-19, stay in self-isolation at home and call your doctor for instructions on next steps to take and how long to be at home.

### What to Watch for During Self-Isolation

- Take your temperature 2 times a day. Watch for a fever.
- Watch for cough or hard time breathing.
- Family members or other people who live in your home may stay in your home.
- If people you live with get COVID-19, they must also be on self-isolation in your home or another facility for 14 days from the time of their last exposure to someone who was sick.

### Help With Your Daily Needs

- If you live alone, or if every member of your household is on self-isolation, you will need to get help with any daily needs during this time.
- Plan for help from relatives, neighbors or friends by telephone, email or text message.
- Persons helping with your daily needs must not have direct contact with you.
- If you need help with daily needs, you can also contact the Chicago Department of Public Health, at [coronavirus@chicago.gov](mailto:coronavirus@chicago.gov) or call (312) 746-4835.
## Precautions for Viral Illness or COVID-19

### At Home Instructions for Household Members, Intimate Partners and Caregivers

These precautions are for **anyone who may have close contact in a non-healthcare setting with a patient who has lab confirmed symptoms of COVID-19** or a person being checked for COVID-19 or with another viral illness such as the flu


### Close Contacts Must Follow These Recommendations

To care for and support the patient with COVID-19 symptoms or other respiratory viral illnesses, you must:

- Understand and help them follow their doctor’s instructions for medications and care.
- Help the patient with basic household needs and provide support for getting groceries, prescriptions, and other personal needs.
- **Keep watch of the patient’s symptoms. Get help if the patient is getting sicker.**
  - If your loved one has been confirmed to have COVID-19, call their doctor and tell them that the patient has lab confirmed COVID-19. This will help the doctor’s office take steps to keep other people in the office or waiting room from getting infected. Ask the doctor to call the local or state health department for more guidance.
  - If the patient has a medical emergency and you need to call 911, tell the person on the phone that the patient has, or is being checked for COVID-19.
- Be sure shared spaces in the home have good air flow, such as by an air conditioner or an opened window when there is good weather.
- Do not have visitors who do not have to be in the home.
- Care for any pets in the home. Anyone who is sick must not handle pets or other animals. This is to prevent the spread of infection.

### Keep Watch of Your Own Health

- Call your doctor right away if you develop symptoms of COVID-19 such as a fever, cough or shortness of breath.
- **Wash your hands often** with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that has 60 to 95 percent alcohol.
  - Cover all surfaces of your hands and rub them together until they feel dry.
  - Soap and water must be used if you see dirt on the hands.
- Do not touch your eyes, nose, and mouth with unwashed hands.
- Stay in another room and **be separated from the patient as much as possible**.
- Use a separate bedroom and bathroom.
### Precautions for Viral Illness or COVID-19

#### At Home Instructions for Household Members, Intimate Partners and Caregivers

#### To Protect Yourself and Others

- Do not share household items with the patient. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, wash them very well (see below “Washing Laundry”).

- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. 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 have instructions for safe and the best use of the cleaning product. This includes precautions you must take when putting on the product, such as wearing gloves and making sure you have good air ventilation when using the product.

#### Masks and Personal Protective Equipment

- **If you have masks available, the patient is the one that needs to wear the facemask when around other people.** If the patient is not able to wear a facemask (for example, because it causes trouble breathing), the caregiver must wear a mask when in the same room as the patient. If you do not have masks, try to maintain a distance of 6 feet as much as possible.

- Wear a disposable facemask and gloves when you touch or have contact with a patient’s blood, stool, or body fluids, such as saliva, sputum, nose mucus, throw-up or urine.

- Throw out disposable facemasks and gloves after using them. Do not reuse.

- **When removing personal protective equipment:** First remove and dispose of gloves. Then clean your hands right away with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and clean your hands right away again with soap and water or alcohol-based hand sanitizer.

- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before throwing them out with other household waste. Clean your hands with soap and water or an alcohol-based hand sanitizer right away after handling these items. Soap and water must be used if see dirt on hands.

#### Washing Laundry

- Remove and wash clothes or bedding right away that has blood, stool, or body fluids on it.

- Wear disposable gloves when touching soiled items and keep soiled items away from your body. Clean your hands with soap and water or an alcohol-based hand sanitizer right away after removing your gloves.

- Read and follow directions on labels of laundry or clothing items and detergent. You can use normal laundry detergent according washing machine instructions and dry very well using the warmest temperatures recommended on the clothing label.

#### 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.
Medication Instructions for Oseltamivir (Tamiflu) for Influenza

Oseltamivir is to treat and prevent Influenza (the flu). It is not right for everyone. Do not use oseltamivir if you had an allergic reaction to it.

### How to Use Oseltamivir

**Your doctor will tell you how much medicine to take.**
- Do not use more than directed.
- Start taking as soon as possible.
- Read and follow the patient instructions. Talk to your doctor or pharmacist if you have any questions.

**Ask your doctor or pharmacist before using any other medicine,** including over-the-counter medicines, vitamins, and herbal products.

**Do not take Oseltamivir:**
- For any illness other than the flu
- If you were given the live influenza vaccine (nasal mist) in the past 2 weeks
- If you are getting the vaccine within 48 hours, unless your doctor says it is okay

**Missed dose:**
- If you miss a dose and your next dose is due **within 2 hours**, skip the missed dose and take your medicine at the normal time.
- Do not use extra medicine to make up for a missed dose.

**Oseltamivir comes in both capsule and liquid form.**

#### Capsules:
- Store at room temperature.
- Keep away from heat, moisture, and direct light.
- You may open the capsule and mix the contents with a sweet liquid (such as chocolate syrup, corn syrup, or sugar dissolved in water).

#### Oral (by mouth) liquid:
- Keep in the refrigerator and use within 17 days. Do not freeze.
- You may also keep the medicine at room temperature, but use it within 10 days. Throw away any medicine that has not been used within this time.
- Shake the oral liquid before each use.
- Measure the liquid medicine with the oral dispenser that came with the medicine. Ask your pharmacist for an oral measuring spoon or syringe if you do not have one.

Ask your doctor or pharmacist if you have any questions.
Medication Instructions for Oseltamivir (Tamiflu) for Influenza

Warnings When Using This Medicine

- Tell your doctor if you are pregnant or breastfeeding.
- Tell your doctor if you have kidney disease, liver disease, heart disease, lung disease, or a weakened immune system.
- Call your doctor if your symptoms do not improve or if they get worse.
- This medicine may cause serious skin reactions and unusual thoughts or behaviors.
- The liquid form of this medicine has sorbitol. Tell your doctor if you have hereditary fructose intolerance.
- This medicine is not a substitute for a yearly flu shot.
- This medicine will not prevent a bacterial infection.
- Keep all medicine out of the reach of children.
- Never share your medicine with anyone.

Possible Side Effects

Call your doctor right away if you have any of these side effects:

- Allergic reaction: Itching or hives, swelling in your face or hands, swelling or tingling in your mouth or throat, chest tightness, trouble breathing
- Blistering, peeling, red skin rash
- Confusion, agitation, seeing or hearing things that are not there, change in mood or behavior, seizures
- Fever, chills, cough, sore throat, body aches

Talk with your doctor if you have these less serious side effects:

- Throwing up or Nausea (feeling like you want to throw up)
- Diarrhea (watery stools)
- Stomach pain, or upset stomach

Tell your doctor about other side effects you think are caused by this medicine.

Call your doctor for medical advice about side effects.

You may report side effects to the FDA at 1-800-332-1088.
Handwashing Instructions

Help keep the COVID-19 virus from spreading to other people in your household and community.

- 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.
- Soap and water must be used if you can see dirt of your hands

How to Use Hand Sanitizer

1. Apply hand sanitizer on palm of one hand
2. Rub hands together
3. Cover all surfaces until hands feel dry (20 seconds)

How to Wash Your Hands

1. Wet hands and apply soap
2. Rub front and back of hands together
3. Scrub between fingers and rub back of fingers on other palm
4. Clean thumbs and wash fingernails and finger tips
5. Rinse hands then dry with a single use towel
6. Use towel to shut off water. Your hands are now clean

AT THE FOREFRONT
UChicago Medicine