

VIRAL SYNDROME AND NOVEL CORONAVIRUS (COVID-19)**FRM.364**

You have a viral syndrome which may include symptoms like muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, vomiting or diarrhea. One of the potential viruses you may have is SARSCoV-2, the virus that causes COVID-19, also known as the novel coronavirus. You may be just as likely to have a different viral 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 typically helpful. As of today's visit, you are well enough to go home and treat your symptoms with oral fluids, medicines for fevers, cough, pain, etc.

COVID 19 testing is not performed on most people with mild symptoms who are being discharged from the Emergency Department or Clinic.

DO NOT CONTACT THE EMERGENCY DEPARTMENT OR CLINIC FOR RESULTS OF THIS TEST. We are not able to release results by telephone.

If the result is positive, you will be contacted by a member of the Delta County Memorial Hospital team for further discussion.

Please note that you will NOT be contacted if the result is negative

Please follow the precautions below:

- Stay home except to get medical care.
- As advised by the Centers for Disease Control and Prevention (CDC), we recommend you stay in your home and minimize contact with others to avoid spreading this infection.
- The elderly or anyone with significant medical issues may have more severe symptoms from this infection. We recommend separation, also known as self-isolation, for at least 7 days after your first day of symptoms and several more after that if you are still sick. The most important action is to wait for at least a week and several more days after you feel well before returning to your regular activities, work or school. If you become sicker, like difficulty breathing, chest pain, you are unable to eat or drink enough, or have severe vomiting, diarrhea or weakness, you may need to return to the Emergency Department or contact your clinic provider for re-evaluation.
- 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.
- 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.
- Do not handle pets or other animals while sick.
- 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, 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.

- 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 should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- 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 wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- When seeking care at a healthcare facility:
 - Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
 - 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 possible, put on a facemask before emergency medical services arrive.

Please see the resources below for more information:

General Facts

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/FactSheet>

Patients who test positive for COVID-19 or who are suspected to have COVID-19 infection and who are not hospitalized should receive information on management of isolation in the community.

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf>

What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDexposed.pdf>

What to do if you have symptoms of coronavirus disease 2019 (COVID-19) and have not been around anyone who has been diagnosed with COVID-19

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDconcerned.pdf>

CDC Corona Website General Information

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

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