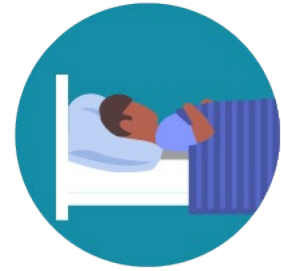# What to Do if You Feel Ill with Coronavirus Symptoms

The 3 main symptoms of COVID-19 have been identified as:

- Fever of 100.4F or more
- Coughing
- Shortness of breath
- Other symptoms include body aches, loss of sense of taste or smell

Many of our sites have begun asking employees to self-check for symptoms. If you have symptoms, we're asking you to stay home, inform your supervisor and self-quarantine and/or seek medical advice.

As a reminder, all of us should be following safe hygiene practices:

- Avoid touching your eyes, nose and mouth
- Cough and sneeze into elbows or tissues that you immediately discard
- Wash hands frequently with warm soapy water for 20 seconds
- Clean frequently touched surfaces daily with a disinfectant
- Avoid sharing personal items and wash items thoroughly after use
- Practice social distancing and stay 6 feet away from others

If you do get sick, have a plan:

- How will you isolate from your household? A separate bedroom and bathroom are recommended.
- Who can provide assistance if you're a single parent, or live alone?
- Do you have basic supplies?
    - Thermometer
    - Disinfectants
    - Fever reducing medications like acetaminophen (ibuprofen is not recommended)
    - Rubber or latex gloves and face masks or coverings
    - An adequate supply of necessary prescription medicines
    - Regular soap and 70% alcohol-based rubbing alcohol or hand sanitizer
    - Tissues
    - Cleaning supplies, trash can liners
    - Things to entertain yourself with
- Identify a means of delivery of food and medications
- Identify someone who can check in on you virtually
- Be aware of some of the critical symptoms that signal its time to contact 911:
    - Increased or sudden difficulty breathing or shortness of breath
    - A persistent pain or pressure in the chest

       o   Any sign of oxygen deprivation such as new confusion, bluish lips or face, or difficulty arousing a sick person

If symptoms don't get better or they get worse, call your health care provider, the urgent care or the emergency department.

When Can I Stop Home Isolation?

If you will not have a test to determine if you are still contagious, the CDC says you can leave home after these 3 things have happened:

- You have had no fever for at least 72 hours (3 full days of no fever without the use of fever-reducing medicine)
  AND
- Other symptoms have improved (cough and shortness of breath have improved)
  AND
- At least 7 days have passed since your symptoms first appeared.

If you WILL be tested to determine if you are still contagious, you can leave home after these 3 things have happened:

- You no longer have a fever (without the use of fever-reducing medicine)
  AND
- Other symptoms have improved (cough and shortness of breath have improved)
  AND
- You received 2 negative tests in a row, 24 hours apart

The CDC says: 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.

(Excerpted from CDC.gov)