

What to do if you have tested + for COVID 19 or have symptoms of COVID 19 or have been exposed to someone that tested + for COVID 19 or someone that has symptoms of COVID 19.

1. Call 911 or have someone call 911 for you if you have chest pain, shortness of breath, confusion or blue lips or fingertips.

2. **STAY HOME** and **Isolate/Quarantine** (basically the same thing, just a different name depending on if you are sick or you are exposed).

Isolate if you are + or have symptoms of COVID 19.

Quarantine if you have been exposed to someone who is + or has symptoms of COVID 19.

These both mean:

Stay in your own room and away from others in your home.

Use your own bathroom if possible.

Wear a mask if you are in a common space in your home.

Avoid sharing dishes, towels and bedding with others.

Leave your home only for medical care. (Not for a haircut, not to get groceries, not to go to the post office; get someone else to help you with those things).

Note: If you are sick, your household should quarantine, as they have been exposed.

3. Notify your healthcare provider. If you do not have a health care provider, the BGHC is available for video visits for both established and new patients at this time. Please call (941)964-2276 for guidance with appointments and questions about testing locations.

4. Notify any close contacts you may have had starting **2 DAYS PRIOR** to the day that you developed symptoms. If you tested + but don't have any symptoms, notify close contacts starting **2 DAYS PRIOR** to the + test. These close contacts should then quarantine.

A close contact is defined as anyone you were with that was within 6 feet of you for 15 minutes or more.

5. Monitor your symptoms and record your temperature **TWICE** a day. Check in with your healthcare provider every 2-3 days to give an update.

Symptoms may include: fever, shortness of breath, chest pain, headache, sore throat, runny or stuffy nose, fatigue, muscle aches and pain, abdominal pain, nausea, vomiting, diarrhea, confusion and loss of taste or smell. We are learning more about symptoms every day and there may be more so keep an eye out for anything that seems new or unusual to you.

If at anytime you develop chest pain, shortness of breath, confusion or blue lips or fingertips, call 911 or have someone call for you.

6. Rest and stay hydrated.

7. Cover your mouth and nose if you are in any common areas of your home, if you are in a room with anyone else or if you leave your home to receive medical care.

8. Wash your hands frequently with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol base.

9. Clean common surfaces with a disinfectant that is FDA approved to kill coronavirus. See the list here:

[EPA list of disinfectants to use against covid-19](#)

When can I end my isolation/quarantine?

1. If you tested + for COVID 19 or had symptoms of COVID 19, you may end your isolation when:

You have not had a fever for 3 days without the use of fever reducing medications like Tylenol or ibuprofen.

AND

Whatever symptoms you had are improved

AND

It has been at least 10 days since you developed symptoms or at least 10 days since you tested + if you did not ever develop symptoms.

2. If you were exposed to someone who tested + for COVID 19 or someone with symptoms of COVID 19, you may end your quarantine when:

14 days have passed since your last contact with the person, as long as you did not develop symptoms or test + yourself.

This is a summary taken directly from the CDC guidelines and organized for ease of understanding.

The BGHC is available for you if you have further questions or are need of care. Please do not hesitate to contact us. (941)964-2276

We hope you stay healthy and safe and thank you for helping our community to do the same.