

## Coronavirus Disease (COVID-19) Information for General Public

It has been determined that you do not need to be transported at this time and can safely be isolated at home. Most people with respiratory infections like colds, the flu, and Coronavirus Disease (COVID-19) will have mild illness and can get better with appropriate home care and without the need to see a medical provider. People who are elderly, pregnant, or have a weak immune system, or other medical problems are at higher risk of more serious illness or complications.

*By avoiding a visit to a healthcare facility, you protect yourself from getting a new infection and protect others from catching an infection from you.*

**TREATMENT** There is no specific treatment for most viruses, including those that cause the common cold and those that cause COVID-19. Most people recover on their own from these viruses, including COVID-19. Here are steps that you can take to help you get better:

- Rest
- Drink plenty of fluids
- Take over-the-counter cold and flu medications such as Tylenol (preferred) and Ibuprofen (Use of Ibuprofen may be controversial) to reduce fever and pain. Follow the instructions on the package, unless your doctor gave you specific instructions. Note that these medicines do not ‘cure’ the illness and do not stop you from spreading germs.

### COVID-19 TESTING

Testing for COVID-19 is available through your primary care provider (PCP). Call your doctor and inquire about testing. If you do not have a primary care provider, contact an urgent care center or nearby health clinic and inquire about how you can be tested.

*Testing is only available through orders by your PCP or other physician*

**You should follow the prevention steps below until a health care provider or local health department says you can return to your normal activities:**

#### Separate yourself from other people 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.*

#### Take care of your mental health

*You may be feeling anxious, afraid, lonely or uncertain. The following link has a guide with a list of helpful behavioral health resources and a few tips for taking care of your emotional health while you are quarantined: MN Department of Human Services OR Adult Mental Health, 651-431-2225*

#### Wear a face mask

*If you have one, you should wear a facemask when you are around other people (for example, sharing a room or vehicle) or pets, and before you enter a health care provider’s office. If you do not have face mask, maintain a distance of at least 6 feet from other people*

### 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.

### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 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 your hands are visibly dirty.

### Avoid touching your face

Viruses that affect the respiratory system enter the body through mucous membranes which are found in the eyes, nose, and mouth.

### Clean all high-touch surfaces every day

High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

### 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.

### Discontinuing home isolation

The decision to discontinue home isolation should be made in the context of local circumstances and should be made in consultation with health care providers, and state and local health departments.

## WHEN TO SEEK MEDICAL CARE

You should seek medical care if you are not getting better within a week, or if your symptoms get worse. It is best to **call your doctor ahead of time to discuss your symptoms**, if possible.

It is recommended that you seek medical care for any serious symptoms, such as:



If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19.

If possible, put on a face mask before Emergency Medical Services arrive.



<https://mn.gov/governor/covid-19/>

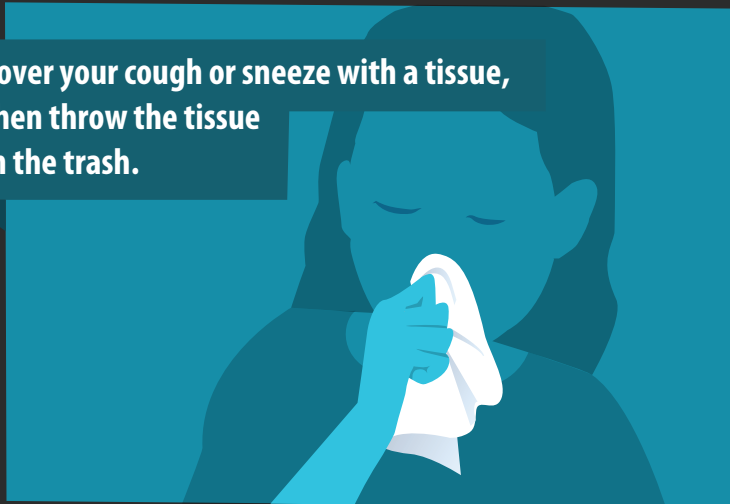
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

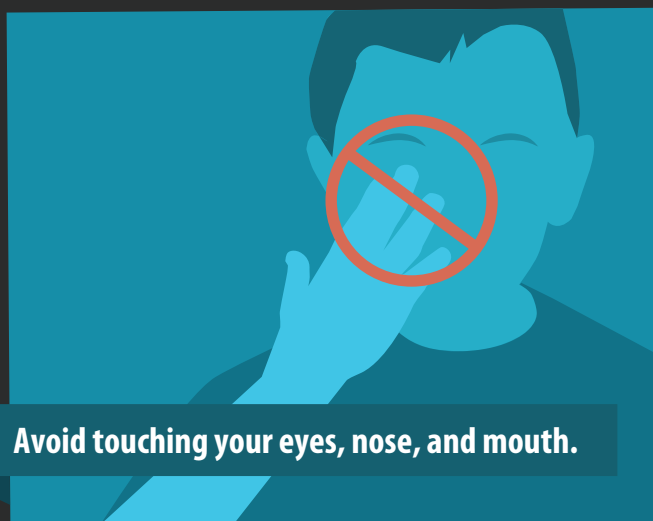
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://cdc.gov/COVID19)