

If you are sick and waiting test results or tested positive for COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and in West Virginia communities:

### COMMON SYMPTOMS OF COVID-19

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you have been exposed to someone with laboratory confirmed COVID-19 or are experiencing fever, cough or shortness of breath, you might have COVID-19. You can contact your doctor to see if you need to be tested. If you have tested positive for COVID-19, are suspected to have COVID-19 but have not received testing or are waiting on testing results for COVID-19, you should follow the below instructions.

### STAY AT HOME

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19 prior to arriving at the facility. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

### SEPARATE YOURSELF FROM OTHERS

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 PREVENTIVE ACTIONS

- You should wear a facemask, if possible when you are around other people (e.g., sharing a room or vehicle). If you do not wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a mask if they enter your room.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands as described below.
- 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.

### CARE IN YOUR HOME

- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water and dried before use by others.
- Clean high touch surfaces including counters,

doorknobs, bathroom fixtures, phones, etc. Also clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to label instructions.

### MONITOR YOUR SYMPTOMS

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office keep other people in the office or waiting room from getting infected or exposed.

### MEDICAL EMERGENCY

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID-19. If possible, put on a facemask before emergency medical services arrive.

### DISCONTINUING HOME ISOLATION

For individuals who are awaiting test results or have tested positive and are directed to care for themselves at home, discontinue home isolation under the following conditions:

- Your test results come back negative and your symptoms have resolved; **OR**
- At least 10 days have passed since symptoms first appeared; **AND**
- At least 3 days (72 hours have passed since you recovered which is defined as resolution of fever without the use of fever reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath).

Individuals with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home isolation when at least 10 days have passed since the date of their first positive COVID-19 test and who have had no subsequent illness.

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

**1-800-887-4304**

