

# COVID-19

# WHAT TO DO IF YOU FEEL SICK



## 1. Stay home and call your doctor, if needed.

Most people who get COVID-19 will recover without needing medical care. The Centers for Disease Control and Prevention (CDC) recommends that you stay home if you have mild symptoms – such as fever and cough without shortness of breath, difficulty breathing or change in smell or taste. You can call your doctor to see if you need medical care.

Some people are at **higher risk** of getting very sick with COVID-19. People at higher risk should call their doctor if they develop symptoms of fever or cough. You are at higher risk if you:

- Are 65 years and older
- Live in a nursing home or long-term care facility
- Have a high-risk condition that includes:
  - » Cancer
  - » Chronic kidney disease
  - » COPD (chronic obstructive pulmonary disease)
  - » Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
  - » Immunocompromised state from solid organ transplant
  - » Obesity (body mass index [BMI] of 30 kg/m<sup>2</sup> or higher but < 40 kg/m<sup>2</sup>)
  - » Severe Obesity (BMI ≥ 40 kg/m<sup>2</sup>)
  - » Pregnancy
  - » Sickle cell disease
  - » Smoking
  - » Type 2 diabetes mellitus

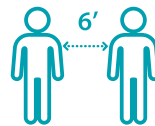
### Call your doctor right away if you have:

- Fever
- Cough
- Shortness of breath
- Change in smell or taste

### How do I get tested or treated for COVID-19?

Any treatments that are used for COVID-19 should be taken under the care of a healthcare provider. The National Institutes of Health (NIH) has developed and regularly updates a Treatment Guidelines website: [covid19treatmentguidelines.nih.gov](https://www.covid19treatmentguidelines.nih.gov).

Vidant Health is proud to serve eastern North Carolina during the COVID-19 pandemic by providing testing locations. For more information and to see other COVID-19 testing locations, visit: [www.vidanthealth.com/safecommunity](https://www.vidanthealth.com/safecommunity).



## 2. Isolate yourself.

If you are sick with COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible.

### When can I go back to my normal activities?

You can stop isolating yourself when you answer YES to ALL three questions:

- Has it been at least 10 days since you first had symptoms?
- Have you been without fever for 24 hours without taking any fever-reducing medications?
- Are your other symptoms improved?\*

\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

### What should I do if I test positive.

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone. Call your doctor right away if your symptoms worsen.

## 3. Stay informed.

Vidant established a COVID-19 Community Resource Line (252-847-8000) available from 8 a.m. to 8 p.m., 7 days a week for general questions related to COVID-19 or visit

[vidanthealth.com/covid19](https://www.vidanthealth.com/covid19).

- Visit [ncdhhs.gov/coronavirus](https://www.ncdhhs.gov/coronavirus) for information from the NCDHHS.
- Text COVIDNC to 898-211 to get text updates.
- Find out more information on what to do if you are sick at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

