

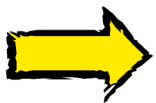
Cares at home if you have symptoms of COVID-19

Preventing the spread/ keeping others safe

- ◆ Stay home. If you need medical care, it's important that you follow the instructions below. Don't use public transportation, and if you have to ride-share, wear a mask.
- ◆ Separate yourself from others in your home as much as possible. If possible, use a separate bathroom. Avoid handling pets or other animals while sick.
- ◆ Wear a facemask if you do need to be around others, and cover your mouth and nose with a tissue when you cough or sneeze.
- ◆ Clean all high-touch surfaces in your home daily. Use disinfectant, sani-wipes, or a combination of bleach and water in a spray bottle.
- ◆ Don't have visitors
- ◆ Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 70% alcohol. Avoid touching your face with unwashed hands.

Monitoring yourself

- Watch for worsening symptoms, including shortness of breath or difficulty breathing.



If you need medical care, or have questions, contact our Coronavirus Nurse Hotline at 320-532-2989.

- If you need emergency medical attention during this time, call 911 and let them know you are being tested for coronavirus.

Treatment

There is no treatment at this time.

You can take over-the-counter pain medications to help manage your symptoms.

Stay hydrated.

If you have questions about your symptoms, call the Nurse Hotline mentioned above or speak with your medical provider.



Mille Lacs Health System

Coronavirus (COVID-19) Information

What is COVID-19?

COVID-19, or novel Coronavirus, is a “novel” (new) virus that causes respiratory illness.

Although it’s similar to other types of viruses, it is unique, and we are learning more about this disease every day.

There is no vaccine and no antivirals to treat it at this time.

How does it spread?

This virus is spread by person-to-person close contact from droplets via a cough or sneeze, which can travel easily into another person’s mouth, nose, or lungs. Close contact is within 6 ft. from another person for 10 min. The droplets may also be picked up on surfaces & transferred to your eyes, nose, etc.

What are the symptoms?

The symptoms of COVID-19 are

- ◆ Fever (typically over 100.4)
- ◆ Cough (without another reason, like a seasonal cough etc.)
- ◆ Shortness of breath

Runny nose is not as common in COVID-19

COVID-19, Influenza, Cold, or Allergies?

- ◆ Influenza typically has sudden onset, body aches, cough and some have a runny nose.
- ◆ Allergies have sinus involved, and no fever.
- ◆ The common cold typically does not cause shortness of breath.

Prevention

- ◆ Wash hands
- ◆ Stay away from people who are/have been ill
- ◆ If you have a cough or fever, wear a mask
- ◆ Stay home when ill
- ◆ Please call our COVID-19 Hotline before coming to MLHS if you think you might have symptoms 320-532-2989



Mille Lacs Health System