

Coronavirus Disease 2019 (COVID-19)

ISOLATION- separate sick people with a contagious disease from people who are not sick

QUARANTINE – separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick



Steps you can take

- **Stay home.**
- **Wash your hands** often.
- **Avoid close contact** (6 feet, which is about two arm lengths) with people who are sick.
- **Clean and disinfect** frequently touched services.
- **Avoid all cruise travel** and non-essential air travel.
- **Call your healthcare professional if you have concerns** about COVID-19 and your underlying condition or if you are sick.



Stress and coping

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis.

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

Things you can do to support yourself:

- **Take breaks from watching, reading, or listening to news** stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.
- **Call your healthcare provider if stress gets in the way** of your daily activities for several days in a row.
- **If you, or someone you care about, are feeling overwhelmed** with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call
 - 911
 - Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

STAY AWAY FROM OTHERS – as much as possible. You should stay in a specific “sick room” if possible and away from other people in your home.

CALL AHEAD – before visiting your doctor. Also, if you call 911 tell the dispatcher that you are under quarantine or isolation for COVID-19 and present them with the enclosed green sheet when they arrive to transport you.

MONITOR YOUR SYMPTOMS – Common symptoms of COVID-19 include fever greater than 100.4 and cough.

Most people with COVID -19 have mild illness. Some may have difficulty breathing. Serious health problems may start during the second week of feeling ill. Symptoms may get worse quickly.

People with the following are at risk of serious health problems:

- sickle cell disease or on blood thinners
- liver failure, cirrhosis or hepatitis
- diabetes
- cerebral palsy
- cancer treatment (chemo or radiation, organ or bone marrow transplant, taking steroid medications, or HIV/AIDS
- kidney failure or receiving dialysis
- current or recent pregnancy in last two weeks
- congenital heart disease, congestive heart failure, coronary artery disease
- asthma, chronic bronchitis, emphysema or sarcoidosis
- stroke or spinal cord injury

If you seek medical care, follow this guidance going to and from the hospital.

Going to the hospital:

If you call 911: Provide EMS with the enclosed “Home Quarantine” Form.

If it is not an emergency; call your healthcare provider for guidance.

LEAVING THE HOSPITAL: You may still be able to get people sick. **DO NOT STOP** at other locations, travel to where you stay.

IF SOMEONE ELSE DRIVES YOU: Travel by private car only – Do not ride share. Sit away from the driver. Both you and the driver should wear a mask and gloves, if available. Only the driver should be in the car, **NO OTHER PASSENGERS.**

CLEANING THE CAR: Do not touch surfaces or the handles in the car. Clean surfaces and handles after leaving. Once cleaning is complete wash your hands.

CLEAN YOUR HANDS OFTEN – wash your hands with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or while preparing food.

AVOID TOUCHING- avoid touching your eyes, nose and mouth with unwashed hands.

CLEAN ALL “HIGH-TOUCH” SURFACES EVERYDAY- High touch surface include: phones, remote controls, counters, tablets, doorknobs, bathroom fixtures, toilets, keyboards, tabletops and bedside tables.

CLEAN AND DISINFECT - routinely clean all surfaces in your “sick room” and bathroom. Let someone else clean and disinfect in the common areas.

Be sure to follow the instructions on the label to ensure safe and effective use of the product.

