

# Self-Care for COVID-19

COVID-19  
(novel  
coronavirus)

Your healthcare provider has determined that you do not need to be hospitalized at this time and can be isolated at home while awaiting your results.

You should follow the steps below to prevent the potential spread to others. The doctor who ordered your test will contact you with your results. If you have a positive result, Mary Washington Healthcare will contact you. In addition, you can find your results in your MyChart health portal. If you do not have a MyChart account, visit [MyChart.mwhc.com](https://mychart.mwhc.com).

## **Stay home except to get medical care.**

As recommended by the Centers for Disease Control (CDC), you should restrict activities outside of your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ridesharing, or taxis.

## **Separate yourself from other people and animals in your home.**

**People:** As much as possible, you should stay in a specific room away from other people in your home. You should use a separate bathroom, if available.

**Animals:** Although there have not been reports of pets becoming sick with COVID-19, you should restrict contact with pets and other animals while you are sick. This includes petting, snuggling, being kissed or licked, and sharing food.

## **Clean your hands often.**

Wash your hands often with soap and water for at least 20 seconds (hum the "Happy Birthday" song from beginning to end twice), especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use alcohol-based hand sanitizer with at least 60% alcohol.

## **Call ahead before visiting your doctor.**

If you have a medical appointment, call the healthcare provider and tell them that you may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. You may also be eligible for a virtual visit with your doctor.

## **Wear a facemask.**

If you have one, you should wear a facemask when you are around other people (e.g. sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.



**Mary Washington Healthcare**

# Self-Care for COVID-19, continued

## Cover your coughs and sneezes.

Cover your mouth and nose with tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

## Avoid sharing personal household items.

Do 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.

## Clean all "high-touch" surfaces everyday.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## 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 a facemask on before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

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 facemask before emergency medical services arrive.

## Discontinuing home isolation.

If you have tested positive for COVID-19, you should remain under home isolation precautions until at least **14 days** have passed *since symptoms first started* and at least **3 days** have passed *since recovery*. Recovery is defined as having no fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g. cough, shortness of breath).

## Resources

MWHC Health Link Nurse Line call 540.741.1100; 7 days a week, 6:00 a.m. to midnight. Visit [www.marywashingtonhealthcare.com/COVID-19.aspx](http://www.marywashingtonhealthcare.com/COVID-19.aspx) for the latest information.

