



Follow the advice below and on the other side of this sheet to keep you and your family safe and to help stop the spread of Covid-19.

IF YOUR COVID-19 TEST IS POSITIVE OR YOU ARE WAITING FOR RESULTS

- DO:** Monitor your temperature, cough, and shortness of breath
- DO:** Tell your provider if your symptoms get worse
- DO:** Inform health care providers when calling for an appointment or before going to the health center
- DO:** Tell the dispatcher in an emergency
- DO:** Call your provider with any questions or concerns
- DO NOT:** Panic, 80% of people will not get severe symptoms and can recover at home
- DO NOT:** Allow visitors or go to public places
- DO NOT:** Share blankets, dishes or other personal items

IF YOUR COVID-19 TEST WAS POSITIVE, REMAIN IN ISOLATION UNTIL...

Your local board of health/Boston Public Health Commission clears you. Your local board of health will contact you by phone. If you have not heard anything from your board of health by Day 14 after your test, please contact us at the health center.

IF YOU ARE WAITING FOR COVID-19 RESULTS, STAY IN QUARANTINE UNTIL...

You are cleared by your provider or nurse from Harbor Health or the board of health.

IF YOUR COVID-19 TEST WAS NEGATIVE, REMAIN IN ISOLATION UNTIL...

Your provider or nurse from Harbor Health clears you. Your care team will clear you based on the test result, how many days since your last symptom, and how many days since you first had symptoms.

CARE ADVICE AND SYMPTOM MANAGEMENT

For All Fevers:

- ✓ Drink cold fluids to prevent dehydration.
- ✓ Dress in 1 layer of lightweight clothing and sleep with 1 light blanket.
- ✓ Fevers less than 101° F (38.3° C) usually do not require fever medicines.
- ✓ Acetaminophen or ibuprofen can be taken for fevers above 101° F (38.3° C).
- ✓ Both medicines are available over the counter at the drugstore and will help treat fever and pain/aches.
- ✓ The goal of fever therapy is to bring the fever down to a comfortable level.
- ✓ Use the lowest amount of medicine that makes your fever better.
- ✓ Before taking any medicine, read all the instructions on the package.

Acetaminophen (e.g., Tylenol):

- ✓ Regular Strength Tylenol: take 650 mg (two 500 mg pills) by mouth every 4–6 hours as needed. Each Regular Strength Tylenol pill has 325 mg of acetaminophen.
- ✓ Extra Strength Tylenol: take 1,000 mg (two 350 mg pills) by mouth every 8 hours as needed. Each Extra Strength Tylenol pill has 500 mg of acetaminophen.
- ✓ The most acetaminophen you should take each day is 3,000 mg (10 Regular Strength or 6 Extra Strength pills a day).
- ✓ Do not take acetaminophen if you have liver disease.

Ibuprofen (e.g., Motrin, Advil):

- ✓ Take 400 mg (two 200 mg pills) by mouth every 6 hours as needed.
- ✓ Another choice is to take 600 mg (three 200 mg pills) by mouth every 8 hours as needed.
- ✓ The most you should take each day is 1,200 mg (6 200 mg pills), unless your provider tells you to take more.
- ✓ Do not take ibuprofen if you have stomach problems, kidney disease, are pregnant, or have been told by your provider to avoid this type of anti-inflammatory drug. Do not take for more than 7 days without consulting your provider.

For Other Symptoms:

- ✓ A cough suppressant/expectorant, humidifier, and Vicks VapoRub may provide symptom relief.
- ✓ Check ingredients to make sure you are not double dosing on acetaminophen and consult your provider as appropriate.

5 Tips for Coronavirus Safety

1

Avoid Crowds



STAY
INDOORS

ENJOY QUIET
OUTDOOR SPACES

STAY AT LEAST
6 FT. APART

WALK
YOUR DOG

WHEN:

- ✓ If you feel sick
- ✓ If you feel healthy
- ✓ Until the epidemic is over in your area

HOW:

- ✓ "Crowd" means any big group of people
- ✓ "Big" means you can't keep 6 feet (2m) apart
- ✓ Avoid shaking hands
- ✓ Important even if you are healthy

2

Stay Home if You're Sick



DO STAY
IN BED

DO
WATCH TV

DON'T USE
PUBLIC TRANSIT

WHEN:

- ✓ Fever
- ✓ Cough
- ✓ Shortness of Breath

HOW:

- ✓ Stay at home even after symptoms are gone until a medical provider says its ok
- ✓ Call medical provider first before seeking care
- ✓ Avoid public areas, school or work
- ✓ Don't use public transit, taxis, or ride share services
- ✓ Wear a mask if you have to go out

3

Clean Frequently Used Surfaces



DOOR
KNOBS

TAPS AND
FAUCETS

TOILET HANDLES
AND SEAT COVERS

LIGHT
SWITCHES

COUNTERTOPS
AND TABLES

CELL PHONES
AND TV REMOTES

WHEN:

- ✓ Once a day
- ✓ After heavy use
- ✓ When used by someone sick

HOW:

- ✓ Soap and water will work
- ✓ Cleaning alcohol, if at least 70%
- ✓ Household bleach diluted 4 tsp. (20ml) per qt. (950ml)

4

Cover Coughs and Sneezes



INTO A TISSUE, HANDKERCHIEF,
SLEEVE OR ELBOW

WHEN:

- ✓ If you're sick
- ✓ If you have allergies
- ✓ If you cooked with too much pepper

HOW:

- ✓ Put used tissues in trash
- ✓ Wash your hands right away

5

Clean Your Hands Often



SING THE
ALPHABET

WHEN:

- ✓ Entering a building
- ✓ Getting home
- ✓ Using the bathroom
- ✓ Being in a crowd
- ✓ Sneezing or coughing
- ✓ Taking the bus, train, ride share or subway
- ✓ Before eating or making food

HOW:

- ✓ Soap and water is best
- ✓ Hand sanitizer is ok
- ✓ Both sides of your hands
- ✓ Under your nails
- ✓ Between your fingers
- ✓ Don't forget thumbs
- ✓ Dry completely