



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 doctor if your symptoms get worse
- DO:** Inform health care providers when calling for an appointment or before going to the doctor
- DO:** Tell the dispatcher in an emergency
- DO:** Call your doctor 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...

- ✓ **AT LEAST 7 DAYS AFTER YOUR POSITIVE TEST**
- ✓ **AND AT LEAST 3 DAYS WITH NO SYMPTOMS**
- ✓ **AND YOU DO NOT HAVE A FEVER**
- ✓ **AND YOU ARE NOT USING FEVER-REDUCING MEDICINES**

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

- ✓ **YOU RECEIVE NEGATIVE TEST RESULTS**

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 doctor tells you to take more.
- ✓ Do not take ibuprofen if you have stomach problems, kidney disease, are pregnant, or have been told by your doctor to avoid this type of anti-inflammatory drug. Do not take for more than 7 days without consulting your doctor.

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 doctor as appropriate.

5 Tips for Coronavirus Safety

1

Avoid Crowds



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

STAY INDOORS

ENJOY QUIET OUTDOOR SPACES

STAY AT LEAST 6 FT. APART

WALK YOUR DOG

2

Stay Home if You're Sick



WHEN:

- ✓ Fever
- ✓ Cough
- ✓ Shortness of Breath

HOW:

- ✓ Stay at home even after symptoms are gone until a doctor says its ok
- ✓ Call doctor 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

DO STAY IN BED

DO WATCH TV

DON'T USE PUBLIC TRANSIT

3

Clean Frequently Used Surfaces



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)

DOOR KNOBS

TAPS AND FAUCETS

TOILET HANDLES AND SEAT COVERS

LIGHT SWITCHES

COUNTERTOPS AND TABLES

CELL PHONES AND TV REMOTES

4

Cover Coughs and Sneezes



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

INTO A TISSUE, HANDKERCHIEF, SLEEVE OR ELBOW

5

Clean Your Hands Often



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

SING THE ALPHABET