

Anyone can get tested for **COVID-19** **BUT SHOULD THEY?**

FACT:

80% of people who get **COVID-19** will have mild to moderate disease and recover without needing special treatment.

FACT:

A negative test result does not mean you will not get **COVID-19**. In early stages of infection, it is possible the virus will not be detected by the test.

FACT:

A positive test for the virus that causes **COVID-19** will not change your healthcare providers recommendations for medical treatment unless you are very sick and hospitalized.

FACT:

The demand for testing by people who are not very sick is putting a strain on healthcare systems. Test materials and personal protective equipment are being used at a faster rate than normal because of the demand.

FACT:

If healthcare systems are strained, they will not be able to provide the quality of care to which Americans are accustomed.

THE PEOPLE AT GREATEST NEED TO BE TESTED FOR THE VIRUS THAT CAUSES COVID-19 ARE:

People who are **hospitalized** and have **signs and symptoms** of COVID-19.

This is important for the hospital's management of the patient to protect others.

People who have **signs and symptoms** of COVID-19 and are at **higher risk** for **severe disease** (adults over the age of 60 and people with chronic medical conditions [e.g., diabetes, heart disease, lung disease, kidney disease] or immunocompromising conditions.)

This is important to ensure they receive proper medical monitoring and care.

People who have **signs and symptoms** of COVID-19 and are **healthcare workers**.

This is important to protect people who are hospitalized and those who are at higher risk of severe disease.

If you aren't in the group above and you think you might have **COVID-19**, the best thing you can do is to stay home for 7 days after your illness started AND your fever is gone AND your symptoms have improved for 72 hours. See <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> for more steps you can take to help prevent the spread of **COVID-19** if you are sick.



Coronavirus Disease 2019

Caring for someone at home

Most people who get sick with COVID-19 will have only mild illness and should recover at home.* Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

If you are caring for someone at home, **monitor for emergency signs**, **prevent the spread of germs**, **treat symptoms**, and carefully consider **when to end home isolation**.

***Note:** Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are **at higher risk** for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

Monitor the person for worsening symptoms. Know the emergency warning signs.

- Have their healthcare provider's contact information on hand.
- If they are getting sicker, call their healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that they have or are suspected to have COVID-19.

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Prevent the spread of germs when caring for someone who is sick

- Have the person stay in one room, away from other people, including yourself, as much as possible.
 - If possible, have them use a separate bathroom.
 - Avoid sharing personal household items, like dishes, towels, and bedding
 - Have them wear a **cloth face covering** (that covers their nose and mouth) when they are around people, including you.
 - If the sick person can't wear a cloth face covering, you should wear one while in the same room with them.

- If the sick person needs to be around others (within the home, in a vehicle, or doctor's office), they should wear a cloth face covering that covers their mouth and nose.
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
 - Use household cleaning sprays or wipes according to the label instructions.
- Wash laundry thoroughly.
 - If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
- Avoid having any unnecessary visitors.
- For any additional questions about their care, contact their healthcare provider or state or local health department.

Provide symptom treatment

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Over-the-counter medicines may help with symptoms.
- For *most people*, symptoms last a few days and get better after a week.

When to end home isolation (staying home)

- People **with COVID-19 who have stayed home (are home isolated)** can stop home isolation under the following conditions:
 - ***If they will not have a test*** to determine if they are still contagious, they can leave home after these three things have happened:
 - They have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when their cough or shortness of breath have improved)
AND
 - at least 7 days have passed since their symptoms first appeared
 - ***If they will be tested*** to determine if they are still contagious, they can leave home after these three things have happened:
 - They no longer have a fever (without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when their cough or shortness of breath have improved)
AND
 - They received two negative tests in a row, 24 hours apart. Their doctor will follow [CDC guidelines](#).

Resources

[Caring For Someone Who Might Have COVID \(American Sign Language\)](#)