



Potential or Known COVID-19 Patient Education

Plan

You presented with fever and/or acute respiratory symptoms (cough, shortness of breath) like COVID-19 virus.

You should follow the prevention steps below until a healthcare provider or local or state health department says you can return to your normal activities.

Test Results

You have been tested and can expect results to be completed and back to you at a minimum of 72 hours. If you are tested over the weekend, test results could be longer. Results will be communicated through Minnesota Department of Health and/or a Meeker Memorial Clinic Provider. ****All members of your household must stay home from work, school, activities etc. until you receive your test results.**

If you test negative for COVID-19:

1. Treat symptoms at home: get rest, drink plenty of fluids, and take over the counter medications, as necessary.
2. Avoid spreading the illness to others: wash your hands, do not share dishes/utensils, cough into sleeve, etc.
3. Stay at home from work, school, and other settings until
 - Your symptoms have improved

AND

- You are fever free for at least 24 hours.
4. Consider seeing your provider for an alternative diagnosis other than COVID.
 - Symptoms of COVID-19 can be similar to other illnesses, like flu and you do not want to spread those illnesses to others.
 5. If symptoms worsen, please contact your provider to be re-evaluated.
 6. Go to the Emergency Room or call 911 if shortness of breath or other potentially life-threatening symptoms develop.

If you test positive with COVID-19 or have its symptoms:

1. The Minnesota Department of Health or local public health agency may contact you for further information regarding your illness
2. Stay at home except to get medical care. The final decision of when you may end home isolation will be decided by the Minnesota Department of Health and your provider.

- Deciding factors may include
 - No fever for at least 24 hours without the use of medication that reduce fevers **AND**
 - Other symptoms have improved **AND**
 - At least 10 days have passed since your symptoms first appeared.
- 3. If you have a weakened immune system, COPD/Asthma or other lung disease, heart disease, diabetes, chronic kidney disease, liver disease, obesity, or are over the age of 65, you have a higher risk of complications from COVID-19. Talk to your healthcare provider for more information regarding when you may end home isolation.
 - Deciding factors may include
 - At least 20 days have passed *since symptoms first appeared* **and**
 - At least 24 hours have passed *since last* fever without the use of fever-reducing medications **and**
 - Symptoms (e.g., cough, shortness of breath) have improved

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Take Care of Yourself

Get rest and stay hydrated. Take over-the-counter medicine, such acetaminophen, to help you feel better.

Monitor your symptoms

Follow instructions from your provider. 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 on a facemask before you enter the facility.** 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.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Meeker Memorial Clinic Dassel phone: 320-275-4330

Meeker Memorial Clinics East/West phone: 320-693-3233

Meeker Memorial Hospital Nurse Triage Line: 320-373-1026

Separate yourself from other people and animals in your home

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. When around people, stay at least 6 feet away. Your household and immediate contacts should limit their activities in public for 14 days after exposure and monitor for symptoms (cough, shortness of breath/difficulty breathing or at least two of these symptoms: fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell).

Wear a facemask

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. Face masks are not recommended for children under 2 years of age.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed or dirty hands.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clear your hands.

Avoid sharing personal household items

You should 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 or place in dishwasher.

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 cleaner/disinfectant and follow the label instructions. Labels contain instructions for safe and effective use of the cleaning product to kill germs 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.

References:

CDC (2020). What to Do If You Are Sick. Retrieved on July 23, 2020 from:
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

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<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

MDH (2020). Symptoms and Testing:COVID-19.Retrieved on September 24, 2020.
<https://www.health.state.mn.us/diseases/coronavirus/symptoms.html>