



## What to do if you have symptoms and are worried about coronavirus (COVID-19)

If you have a cough, fever, shortness of breath but have not been around anyone you know has COVID-19, follow the steps below to help prevent your infection from spreading to people in your home and community.

### Could I have COVID-19?

The most common symptoms of COVID-19 are fever or cough. Sometimes people have sore throat, runny nose, or shortness of breath and feel very tired. If you feel unwell but have not been around anyone who you know has COVID-19, you may or may not have COVID-19. Several other respiratory viruses are circulating in Oregon as well.

### Should I go to my doctor and get tested for COVID-19?

If you are age 60 years or older, are pregnant, or have medical conditions, you may be at higher risk for severe illness from COVID-19. Call your physician's office and ask if you need to be evaluated in person. They may want to monitor your health more closely or test you for COVID-19 or influenza.

If you do not have a high-risk condition and your symptoms are mild, please stay home and recover. You do not need to be evaluated in person and do not need to be tested for COVID-19. There are currently no medications to treat COVID-19.

### What should I do to keep from spreading illness to my family and other people in my community?

- **Stay home except to get medical care**
  - You should avoid activities outside your home, except for getting medical care. Do not go to work and avoid public areas. Avoid using public transportation, ride-sharing, or taxis.
  - As much as possible, you should stay in a separate room away from other people in your home. Also, you should use a separate bathroom, if available.
  - You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick. If you must care for your pet, wash your hands before and after you interact with pets and wear a facemask.
- **Call ahead before visiting your doctor**
  - If you have a medical appointment, call your healthcare provider and tell them that you have symptoms that could be from COVID-19. This will help the healthcare provider's office take steps to keep other people from getting sick.

- **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 be in the same room with you, or they should wear a facemask if they enter your room.
- **Avoid sharing personal household items**
  - You should not share dishes, 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.
- **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 and immediately wash your hands using the guidance below.
- **Clean your hands often**
  - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Clean all “high-touch” surfaces every day**
  - 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 instructions on the label. Bathroom and toilet surfaces should be cleaned daily with household cleaner and then with a bleach disinfectant.
- **Monitor your symptoms**
  - Seek medical attention right away if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that your symptoms are consistent with COVID-19. Put on a facemask 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 becoming sick.
  - If you have a medical emergency and need to call 911, notify the dispatch personnel that you have symptoms consistent with COVID-19. If possible, put on a facemask before emergency medical services arrive.

## **When is it safe to leave home?**

You can leave home after:

You have not had a fever for at least 72 hours (meaning three full days of no fever without the use of medicine that reduces fevers) AND other symptoms have resolved.

Even after your symptoms have improved you must continue to follow Oregon’s [Stay Home executive order](#) which includes only going out for essential needs such as groceries and medical care, and returning to work as determined by your employer.