CORONAVIRUS (COVID 19) INFORMATION

For outpatient testing: COVID-19 test results will be provided through our patient portal, MyChart. You should have received an instant activation link via text or email upon registration. If you need assistance signing up for MyChart please call 801-213-5555. You will only receive a phone call to discuss results if you test positive. Negative results will be communicated through MyChart. For additional questions regarding coronavirus and results from your swab, please call: (801) 587-0712

Results can be viewed in MyChart in 24-36 hours

Many services are now available through virtual care. If you would like to talk to a health care provider about your symptoms, treatments or any additional concerns, we would be happy to see you through our virtual medicine service. Please call 801-213-8669 or connect through MyChart to be connected to a provider.

COVID-19 (Coronavirus Disease 2019)
This is a viral illness and may cause a number of symptoms such as fever. Other symptoms depend on the part of the body that the virus affects. If it settles in your nose, throat, and lungs, it may cause cough, sore throat, congestion, runny nose, headache, earache and other ear symptoms, or shortness of breath. If it settles in your stomach and intestinal tract, it may cause nausea, vomiting, cramping, and diarrhea. Sometimes it causes generalized symptoms like "aching all over," feeling tired, loss of energy, or loss of appetite.

A viral illness usually lasts anywhere from several days to several weeks, but sometimes it lasts longer. In some cases, a more serious infection can look like a viral syndrome in the first few days of the illness. You may need another exam and additional tests to know the difference. Watch for the warning signs listed below for when to seek medical advice.

Home care

- Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:
  - At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
  - At least 10 days have passed since symptoms first appeared.

- Individuals with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home isolation when at least 10 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

- Individuals with confirmed COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation when at least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and, at least 10 days have passed since symptoms first appeared. If you are around anyone, please wear a surgical mask at all times. Remember to wash your hands often and do not share food or drink. Make arrangements for people to deliver food to you and run errands.

- Home isolation means not going to the grocery store, bank, school, or work. Do not take public transportation such as bus, train, taxi, Uber/Lyft. If you do not have support, please call your healthcare provider to arrange Social Services support.

- You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) 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.

- 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 wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed 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.

- Clean all “high-touch” surfaces everyday

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Information adapted from the CDC
o 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 label instructions. Labels contain instructions for safe and effective use of the cleaning product 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.

Monitor your symptoms

- 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. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed. Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.
- Stay away from cigarette smoke - both your smoke and the smoke from others.
- You may use over-the-counter acetaminophen or ibuprofen for fever, muscle aching, and headache, unless another medicine was prescribed for this. If you have chronic liver or kidney disease or ever had a stomach ulcer or gastrointestinal bleeding, talk with your healthcare provider before using these medicines. No one who is younger than 18 and ill with a fever should take aspirin. It may cause severe disease or death.
- Your appetite may be poor, so a light diet is fine. Avoid dehydration by drinking 8 to 12, 8-ounce glasses of fluids each day. This may include water; orange juice; lemonade; apple, grape, and cranberry juice; clear fruit drinks; electrolyte replacement and sports drinks; and decaffeinated teas and coffee. If you have been diagnosed with a kidney disease, ask your healthcare provider how much and what types of fluids you should drink to prevent dehydration. If you have kidney disease, drinking too much fluid can cause it build up in the your body and be dangerous to your health.
- Over-the-counter remedies won’t shorten the length of the illness but may be helpful for symptoms such as cough, sore throat, nasal and sinus congestion, or diarrhea. Don’t use decongestants if you have high blood pressure.

Call 911 if any of the following occur:

- Feeling weak, dizzy, or like you are going to faint
- Chest pain
- Worsening or severe shortness of breath

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.

When to seek medical advice:
If at any time you feel a follow up is necessary, please call the clinic first before coming in person. This allows your healthcare provider to be prepared to take care of you.
If possible, call your healthcare provider through Virtual Urgent Care right away if any of these occur:

- Cough with lots of colored sputum (mucus) or blood in your sputum
- Chest pain, shortness of breath, wheezing, or trouble breathing.
- Severe headache; face, neck, or ear pain
- Severe, constant pain in the lower right side of your belly (abdominal)
- Continued vomiting (can’t keep liquids down)
- Frequent diarrhea (more than 5 times a day); blood (red or black color) or mucus in diarrhea
- Feeling weak, dizzy, or like you are going to faint
- Extreme thirst
- Fever not responding to medications

Social Support Needs:
Call 2-1-1 or visit www.211utah.org if you have any social needs like:
- Transportation assistance; Unemployment benefit assistance; Housing, rent, or utility assistance; Food assistance; or Childcare assistance.
United Way 2-1-1 is a FREE service that helps people find FREE and LOW COST resources.
How to isolate a sick household member when household space is limited

If you cannot provide a separate room and bathroom for a person who is sick with COVID-19, try to separate them from other household members. Try to create adequate separation within your household to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions).

Follow these ten tips when isolating a household member who is sick:

1. Keep 6 feet between the person who is sick and other household members.

2. Cover coughs and sneezes; wash hands often; and don’t touch your eyes, nose, and mouth.

3. Have the sick household member wear a cloth face covering when they are around other people at home and out (including before they enter a doctor’s office).

4. Keep people at higher risk separated from anyone who is sick.

5. Have only one person in the household take care of the person who is sick. This caregiver should be someone who is not at higher risk for severe illness.
   - The caregiver should clean where the sick person has been, as well as their bedding and laundry.
   - The caregiver should minimize contact with other people in the household, especially those who are at higher risk for severe illness.
   - Have a caregiver for the person who is sick and a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.

6. Clean and disinfect surfaces, doorknobs, and other commonly touched surfaces with EPA-registered disinfectants daily. Find a list here: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

7. Limit visitors to those with an essential need to be in the home.

8. Don’t share personal items like phones, dishes, bedding, or toys.

9. Try to do the following if you need to share a bedroom with someone who is sick:
   - Make sure the room has good air flow. Open a window and turn on a fan to bring in fresh air.
   - Place beds at least 6 feet apart, if possible.
   - Sleep head to toe.
   - Put a curtain around or place another physical divider to separate the bed of the person who is sick from other beds. For example, you might use a shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread.

10. Have the person who is sick clean and disinfect frequently touched surfaces in a shared bathroom.