

If you are sick and waiting test results or tested positive for COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and in West Virginia communities:

COMMON SYMPTOMS OF COVID-19

People with COVID-19 have had a wide range of symptoms reported, which may appear 2-14 days after exposure to the virus. The following may be symptoms of COVID-19: fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea/vomiting and diarrhea. If you have been exposed to someone with laboratory-confirmed COVID-19 or are experiencing fever, cough or any other symptoms listed above, you might have COVID-19. You can contact your doctor to see if you need to be tested. If you have tested positive for COVID-19, are suspected to have COVID-19 but have not received testing, or are waiting on testing results for COVID-19, you should follow the instructions below.

STAY AT HOME

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19 prior to arriving at the facility. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. Avoid public transportation, ride-sharing, or taxis.

SEPARATE YOURSELF FROM OTHERS

As much as possible, you should stay in a specific room and away from other people and pets in your home. Also, you should use a separate bathroom, if available.

TAKE PREVENTIVE ACTIONS

- You should wear a mask over your nose and mouth if you must be around other people or animals, including pets (even at home). You do not need to wear a mask if you are alone. If you cannot put on a mask (for example, because it causes trouble breathing), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people to help protect them.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands as described below.
- 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 available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

CARE IN YOUR HOME

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water or put in the dishwasher before being used by others.
- Wear disposable gloves and clean and disinfect all "high-touch" surfaces, including doorknobs, bathroom fixtures, phones, remote controls, bedside tables, etc. in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- Also clean any surfaces that may have blood, stool, or body fluids on them. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household cleaner or disinfectant according to label instructions.

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 keep other people in the office or waiting room from getting infected or exposed.

MEDICAL EMERGENCY

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have COVID-19. If possible, put on a facemask before emergency medical services arrive.

DISCONTINUING HOME ISOLATION

For individuals who are awaiting test results or have tested positive and are directed to care for themselves at home, discontinue home isolation under the following conditions:

- At least 10 days have passed since symptoms first appeared; **AND**
- 24 hours have passed with no fever without the use of fever-reducing medications; **AND**
- Other symptoms are improving (loss of taste and smell may persist for weeks or months after recovery and should not delay the end of isolation).

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 test and who have had no subsequent illness.

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline: **1-800-887-4304**

