

# IF YOUR DOCTORS SUSPECT YOU HAVE CORONAVIRUS (COVID-19)

It is recommended that you *isolate yourself* as much as possible and have a *healthy person to assist with your home and baby*.



## TAKING CARE OF YOURSELF TO MINIMIZE THE SPREAD OF THE VIRUS:

- Stay in one room, away from other people, as much as possible.
  - If possible, use a separate bathroom.
  - Avoid sharing personal household items, like dishes, towels, and bedding
  - If face masks are available, wear one when you are around people.
  - If you can't wear a face mask, others should wear one when near you.
- Wash your hands often with soap and water for at least 20 seconds. 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.
- Avoid having any unnecessary visitors.

## TAKING CARE OF YOUR BABY:

- If you don't have a helper to feed and care for your baby, wear a face mask whenever you are closer than 6 feet from you baby
- Proper hand hygiene should be used prior to and following all baby care.
- Call your pediatrician if your baby develops symptoms (difficulty breathing, repeated coughing, temperature of more than 100.4, or stops eating well).
  - If you can't reach your pediatrician, call your local emergency room and explain that the baby might have been exposed to COVID-19. This will let them know you're coming so they can prepare to keep you and other patients safe. If you are gravely worried, call 911.
- When you need to visit your doctor or your pediatrician, call ahead to let them know you might have COVID-19. They may have special procedures for you.



## TAKING CARE OF YOUR HOME:

- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs, every day. 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 the body while laundering. Wash hands immediately after removing gloves.



## REMAIN UNDER THESE HOME ISOLATION PRECAUTIONS UNTIL:

- Your symptoms, like cough, shortness of breath, muscle aches, and sore throat, get better.
- Your temperature has been less than 100.4 (no fever or chills) for 72 hours without use of fever reducing medications.
- At least 7 days have passed since symptoms first appeared.