

NOVEL CORONAVIRUS – COVID-19

FACTS FOR PATIENTS

WHAT IS COVID-19?

Severe Acute Respiratory Syndrome Coronavirus 2, known as SARS-CoV-2, is the virus strain identified in January that causes COVID-19, and is spreading person to person. While the virus has the potential to cause severe illness and pneumonia in some people, about 80% of cases are relatively mild and require no advanced medical interventions, allowing patients to self-treat themselves from home. You have been identified by the EMS crew as having mild, non-life-threatening symptoms, and to prevent unnecessary exposure, will not be transported to the hospital, as your condition does not require hospitalization or advanced medical treatment.

HOW SEVERE IS COVID-19?

Most people who become ill experience relatively mild symptoms such as fever and cough. These symptoms can be easily managed with common over-the-counter remedies, such as cough and cold medications to alleviate coughing, and the use of acetaminophen (commonly known as Tylenol) to manage fevers. ***The use of Ibuprofen (sometimes known as Motrin or Aleve) is NOT recommended, and may actually worsen symptoms.***

WHAT SHOULD I IMMEDIATELY DO?

You should contact your primary care provider by phone for additional advice. You may also contact the state COVID-19 hotline at 211 for advice. However, you should plan to self-quarantine in your home for a minimum of 14 days to prevent spreading the disease in the public. The EMS crew will notify public health that you are a suspected case and have been asked to self-quarantine, and it is possible they may contact you with additional instructions, including the need to be tested. Additionally, a member of the EMS team will contact you within the next 12-24 hours to ensure you have the resources you need and to make sure your symptoms are not worsening.

WHAT ELSE SHOULD I DO OR DO NOT DO?

Please ***DO*** these things:

- Stay in your home
- Stay hydrated
- Follow the instructions provided by your primary care provider and/or the county public health department

DO NOT do these things:

- Leave your home for any reason; do not present to your primary care provider's office without calling first, and do not go to the hospital unless you develop life-threatening symptoms.
- Use old antibiotic prescriptions (they will not work on viruses)

WHEN SHOULD I GO TO THE HOSPITAL OR CALL 911?

If you develop any of the following symptoms:

- Persistent fever greater than 105°F
- Confusion or change in level of consciousness
- Severe respiratory distress

If you need assistance obtaining groceries or medicines during your quarantine, please contact Iowa County Public Health at 319-741-6422.