Prevent the spread of COVID-19 if you are sick

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself,** Get rest and stay hydrated.
- **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.
- **Avoid public transportation,** ride-sharing, or taxis.

ISOLATE: Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- **Stay home from school and work** and avoid public transportation.
- **Employees:** Discuss your work situation with your employer before returning to work.
- **Try not to have any visitors to your house during this time.** If you have visitors tell them that you are under COVID-19 self-quarantine.
- **Keep your distance from others** (about 6 feet or 2 meters).

Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom. High-touch surfaces include phone, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and using proper ventilation.

  - Most EPA-registered household disinfectants should be effective.

Call ahead before visiting your doctor.

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your dotor's office.** This will help the office protect themselves and other patients.

If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear a cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.

Note: During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

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. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not 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,** especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.

cdc.gov/coronavirus

Monitor your symptoms.

- **Common symptoms of COVID-19 include fever or cough.** Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to be woken
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you may have, COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:

- If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

 AND

- other symptoms have improved (for example, when your cough or shortness of breath have improved)

 AND

- at least 10 days have passed since your symptoms first appeared.

- If you will be tested to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (without the use of medecine that reduces fevers)

 AND

- other symptoms have improved (for example, when your cough or shortness of breath have improved)

 AND

- you have received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

SHOULD I BE TESTED FOR COVID-19?

CONTACT GENESIS

These specific instructions have been put into place for **SICK PATIENTS** to communicate efficiently with healthcare professionals for community care, while containing the spread of the virus and assure the safety of patients, staff and the community at large.

- **First Step of Action:**
  - Call your primary care physician first. If you are unable to reach your primary care physician, or if you **DON'T HAVE ONE** move to the second step.
- **Second Step of Action:**
  - Connect with a Genesis provider through your smartphone, tablet, or computer through an e-visit Virtual Care at www.genesishealth.com/virtual or on the Genesis Care Now app on your phone.
  - If unable to connect with a provider virtually, move on to Step 3.
- **Third Step of Action:**
  - Call the Genesis COVID-19 hotline at (563) 421-3820. The line will be open from 8AM to 8PM Sunday through Saturday.

CONTACT THE GROUP

Those **PATIENTS WHO WERE INSTRUCTED TO RESCHEDULE AN APPOINTMENT**, please contact our 'Group' office at 563.355.1853 if you experience the following. We may need to once again reschedule your appointment:

- If your **symptoms persist within 72 hours** of your rescheduled appointment
- If you have **tested positive** for COVID-19
- If your **symptoms have worsened**
- If you are **pregnant and experiencing a fever or respiratory symptoms**

GROUP TELEMEDICINE VISIT

The Group is NOW temporarily offering Telemedicine Visits! Enjoy convenience without compromise.

In an effort to keep our patients, staff, and providers as safe as possible due to COVID-19, The Group is NOW temporarily offering telemedicine visits for the following:

- Birth Control Consult
- Biopsy Results
- Medication Check
- Follow-up Appointment
- Return OB (16 and 24 weeks)
- Other Visits at the discretion of your Healthcare Provider

Call 563.355.1853 for details or visit us online at www.obgyngroup.com.

We understand these are uncertain times, but we are here for you and we are working very hard in our practice and at the hospital to stay on top of the situation in an effort to keep our patients safe and provide the best care possible. We appreciate you.