

HOME MANAGEMENT: COVID-19

Iowa State University
Thielen Student Health Center



You have tested positive for COVID-19. We encourage you to follow the CDC guidelines for management and isolation. You should self-isolate, monitor your symptoms and reach out to a medical provider if needed.

For additional information, see www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

SELF-ISOLATION INSTRUCTIONS

Stay Home

Stay home from work, school or other public places for at least 10 days from the date your symptoms started. If you still have a fever or other symptoms on day 10, you need to stay home until your fever is gone for 24 hours and other symptoms have improved. If you need medications or groceries, ask a friend to go buy them for you and have them delivered to your home.

Separate Yourself from Others

As much as possible, you should stay in a specific room and away from other people in your home. Use a separate bathroom if available. Avoid handling pets or other animals while sick. If you need to be around other people inside or outside the home, wear a face mask. Cover your nose and mouth with a tissue when you cough or sneeze.

Avoid Sharing Personal Household Items

Do not share personal household items such as dishes, towels or bedding with other people in your home.

Wash Your Hands

Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.

Clean all surfaces

Clean all high touch surfaces such as counters, tabletops, and doorknobs. Use household cleaning sprays and wipes according to label instructions.

MONITOR AND MEASURE

Measuring Your Symptoms

Please check your temperature at least daily and note any symptoms listed below. While only a small number of people with COVID-19 become very ill, it can happen quickly. Call your medical provider promptly with concerns. **Students are encouraged to call Thielen Student Health Center 515-294-5801.**

- New or worsening shortness of breath or feel rapid breathing (for example shortness of breath after walking to one room and back)
- New or worsening chest pain or feel palpitations or rapid heart rate
- Temperature over 102.2 degrees F or 39 degrees C not relieved with over-the-counter fever reducing medication
- Confusion, falling down, passing out (fainting) or severe dizziness
- Not able to keep liquids down for 12 hours or the inability to urinate for 8 hours
- Hands, feet or lips become blue.
- Coughing up blood.

Managing Your Symptoms

Pain relievers: Use over-the-counter pain reliever to combat any symptoms you have. Look for pain relievers such as Acetaminophen (*Tylenol*®, *others*), ibuprofen (*Advil*®, *Motrin IB*®) or aspirin according to label instructions.

Cough Syrups/Medications: Over-the-counter cough syrup or medications can ease your symptoms.

Fluid Intake: Drink plenty of fluids. Choose water, juice, drinks with electrolytes (*Gatorade*®, *PowerAde*®, *broth*) or warm tea with honey to prevent dehydration and worsening of symptoms.

Rest: Get plenty of rest and give your body time to heal.

SYMPTOMS LOG

DATE/TIME	TEMP	HEART RATE	RESPIRATIONS	OTHER