

# HOME MANAGEMENT: COVID-19 ISOLATION

Iowa State University  
Thielen Student Health Center



You have been tested for COVID-19 and your provider has determined you should self-isolate, monitor and measure your symptoms per the U.S. Center for Disease Control (CDC) guidelines. ATSHC representative will contact you with the results of your test as soon as it is available.

## HOME MONITORING

You will automatically be enrolled in a Home-Monitoring program pending your test results. Patients enrolled in the program will receive follow up phone calls as determined by your provider. Please ensure you have listed a current phone number and address in AccessPlus. Read the following instructions prior to receiving your results.

For additional information, see <https://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 other symptoms. While only a small number of people with COVID-19 become very ill, it can happen quickly so we will be checking on you. Please be available by phone when we contact you.

### Call Thielen Student Health Center 515-294-5801 if you develop these symptoms:

- 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° F or 39° 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.

