If you have—or if you think you might have—COVID-19, follow these steps to help protect people in your home and community.

Stay home, except to get medical care.
DO NOT go to work, school or to any public places like grocery stores or other businesses.
Ask a friend or family member to go to the store for you if you need something.
DO NOT take the train, bus, Uber, Lyft or taxis if possible.

Separate yourself from other people and animals in your home.
Stay in a specific room and away from other people in your home as much as possible.
If there is not a separate room for you, try to stay six feet away from others in your home.

Do not let people come into your home, if they do not already live with you.

Get rest and drink plenty of water.

Avoid touching your eyes, nose, and mouth at all times.

Wear a mask or face covering around people in your home and out in public.
Wear a face covering that covers your mouth and nose when you are around other people or pets (even at home), and anytime you leave the house.
People who live with you should also wear a mask when in the same room with you.

If you notice you cannot breathe through your mask and you could before, please call Erie.

Cover coughs and sneezes.
Cover your mouth and nose with a tissue or your elbow when you cough or sneeze.
Throw used tissues in a trash can lined with a bag you can throw away outside.

Clean your hands often with soap and water.
Wash for at least 20 seconds, especially after blowing your nose, coughing, sneezing, going to the bathroom, and before eating or making food.

If soap and water are not available, use hand sanitizer. Cover your entire hands and fingers and rub them together until they feel dry.

Avoid sharing personal household items with others in your house.
Do not share dishes, glasses, forks, spoons, towels, or blankets with other people or pets in your home.
Wash these things with soap and water right after you use them.

Clean all “high-touch” surfaces every day.
Clean counters, tabletops, door handles, sink faucets, toilets, phones, keyboards, and bedside tables every day. Especially ones that you touch. Also clean them right after you have touched them.
First use soap and water or another detergent if it is dirty. Then use a household disinfectant.
Clean all rooms that you share at least once a day.

Do not take any medications that have not been prescribed or approved by your healthcare provider.
Not all medications are safe or helpful for treating COVID-19. For example, antibiotics (like Amoxicillin and Penicillin) will not help. Call Erie first and we will advise you.

Erie Family Health Centers is here to help you!
Please don’t hesitate to call us, 24 hours a day: 312-666-3494.
If you are having a medical emergency, please call 911.
PREVENT THE SPREAD
Tips for people living with—or caring for—someone with COVID-19

You, too, should stay home as much as possible—even if you are not feeling sick. Stay home for 14 days after your loved one got sick. Coronavirus is easy to spread, even when you don’t have symptoms yet.

Wear a mask or face covering around the person who is sick and when you leave the home.

Try to stay in a separate room in your home or if not possible, at least six feet away, from anyone who is sick.

Everyone should wash their hands often with soap and water for 20 seconds or use hand sanitizer, especially after handling something that the sick person has touched.

Avoid touching your faces at all times.

Clean and disinfect frequently used areas and objects such as doorknobs, phones, keyboards, faucets and tables, especially after the sick person touches them.

Watch your temperatures and symptoms. If you begin to experience a cough or fever, call your doctor for advice.

Call ahead before visiting your healthcare provider.
If you have a medical appointment, call Erie first and tell us that you have or may have COVID-19. This will help our clinic protect staff and other patients.

Check your temperature 2 times a day.
Fever and cough are common symptoms of COVID-19. You can take Tylenol or Ibuprofen for fever and body aches.

If your temperature is at or above 102°F after taking medication, please call Erie.

When should you call Erie?
You or your caregiver should call Erie Family Health Centers at 312-666-3494 immediately if any of these things are happening:

- You have chest pain when you are moving around or when you are resting
- You have significant difficulty breathing and/or it is getting worse, or breathing very quickly
- You are coughing up blood
- You should also call Erie if you are having increased anxiety or stress. It is very common and normal to be feeling these feelings during this time. Often anxiety can cause additional physical symptoms in your body. It is very important that you take care of both your body AND your mind. We have behavioral health counselors who are ready to help.

Call Erie at 312-666-3494 if the sick person you are caring for shows any of the following symptoms:

- Chest pain when they are moving around OR when they are resting
- Difficulty breathing and it is getting worse or they are breathing very quickly
- Coughing up blood
- Confused, or they are difficult to wake up

If you have a medical emergency and need to call 911, notify the 911 operator that you have COVID-like illness. If you can, put on a facemask before the paramedics arrive.

Centros de Salud
erie Family Health Centers
www.eriefamilyhealth.org/coronavirus
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