

10 things you can do to manage your health at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Please go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.



Monitor your temperature twice a day.

| Day | AM Temperature | PM Temperature | Day | AM Temperature | PM Temperature |
|-----|----------------|----------------|-----|----------------|----------------|
| 1 | | | 8 | | |
| 2 | | | 9 | | |
| 3 | | | 10 | | |
| 4 | | | 11 | | |
| 5 | | | 12 | | |
| 6 | | | 13 | | |
| 7 | | | 14 | | |

Home care medications:

Fever Medicine:

- For fever above 102° F (39° C), give acetaminophen (e.g., Tylenol) or ibuprofen.

ACETAMINOPHEN (Pain and Fever Reducer)

Brand names include: Tylenol, Triaminic, Good Sense, Panadol, Good Neighbor Pharmacy

| Weight Age | Infants' Concentrated Drops (Dropper)* | Infants' Liquid Syrup (Syringe) | Children's Liquid Suspension | Children's Chewable Tablets/Meltaways | Junior Strength Chewable Tablets/Meltaways | Adult Tablets |
|-----------------------------------|--|---------------------------------|------------------------------|---------------------------------------|--|---------------|
| | 80 mg/0.8 mL | 160 mg/5 mL | 160 mg/5 mL | 80 mg | 160 mg | 325 mg |
| 6-11 lbs. 1-5 months** | Expired: Discard | 1.25 mL (40 mg) | 1.25 mL (40 mg) | | | |
| 12-17 lbs. 6-11 months | Expired: Discard | 2.5 mL (80 mg) | 2.5 mL (80 mg) | | | |
| 18-23 lbs. 12-23 months | Expired: Discard | 3.75 mL (120 mg) | 3.75 mL (120 mg) | | | |

IBUPROFEN (Pain and Fever Reducer)

Brand names include: Motrin, Advil

| Weight Age | Infants' Drops (Dropper/Syringe) | Children's Elixir/Liquid | Junior Strength Chewables | Junior Strength Swallow Tablets | Adult Tablets |
|-----------------------------------|----------------------------------|--------------------------|---------------------------|---------------------------------|---------------|
| | 50 mg/1.25 mL | 100 mg/5 mL | 100 mg | 100 mg | 200 mg |
| 12-17 lbs. 6-11 months | 1.25 mL (50 mg) | 2.5 mL (50 mg) | | | |
| 18-23 lbs. 12-23 months | 1.875 mL (75 mg) | 3.75 mL (75 mg) | | | |
| 24-35 lbs. 2-3 years | 2.5 mL (100 mg) | 5 mL (100 mg) | 1 tablet (100 mg) | | |

Health Monitor will:

Check in once a day to identify if the member is improving, staying the same or is worsening. If symptoms are worsening, have the member call the clinic @ (919) 722-1802. The nurse will then talk with the member and direct further care or needs to be seen either at the clinic or nearest ER.

If the member is experiencing chest pain, shortness of breath and/or difficulty breathing (speaking in single words, struggling for breath or lips are bluish), and the monitor feels the member sounds very sick or weak to them, they need to call 911 immediately.