

*Guide to Protecting Yourself & Protecting Others

- At this moment, if you are sick or have been directly exposed to someone with COVID-19, let's assume you have it and best practices over the shelter in place period...
- Remember, the vast majority of those with the disease feel ill for a week or two, but will make a full recovery
- Testing is not advised unless you find yourself in the hospital setting. Testing WILL NOT change the treatment or recommendations of our providers

- **Protect Yourself...**

- Drink plenty of fluids daily
- Get at least eight hours of sleep and intermittent rest as needed
- Use Tylenol for fever and body aches Use decongestants (like pseudoephedrine) as needed for congestion
- Use cough medicines (like Robitussin) as needed for cough

Not all patients should take the above medications...if unsure consult with a provider in office

- **Protect Others...**

- Stay away from others
- Maintain six feet of distance and wear a face mask (if have) if forced to be around people
- Wash your hands every 30 minutes
- Cough/Sneeze into tissue that you throw away yourself

- **Red Flags prompts to call 911 or visit ER...**

- Difficulty Breathing or Persistent Chest Pain/Pressure
- Confusion
- Lips or Skin turning Blueish in color