

Coronavirus (COVID-19)



PRIMARY &
PREVENTIVE CARE
ESTD. 2002



COVID-19 is an emerging, rapidly evolving situation.

Dr. Rafay Mehdi in conjunction with the **Town of Hanover, Hanover Police & Hanover Fire Department**, is working to provide our community with updated information as it becomes available.

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

WHO should be TESTED



Not everyone needs to be tested for COVID-19. Here is some information that might help in making decisions about seeking care or testing.

- Most people have mild illness and are able to recover at home.
- There is no treatment specifically approved for this virus.
- Testing results may be helpful to inform decision-making about who you come in contact with.

**Note: Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are at higher risk for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.*



WHAT TO DO AFTER YOU ARE TESTED

If you TEST POSITIVE for COVID-19

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.

When to Seek Medical Attention



If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include*:

Trouble breathing

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

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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.

For any additional questions about your care, contact your healthcare provider or state or local health department.

There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

If you TEST NEGATIVE for COVID-19

You probably were not infected at the time your specimen was collected. However, that does not mean you will not get sick. It is possible that you were very early in your infection at the time of your specimen collection and that you could test positive later, or you could be exposed later and then develop illness. In other words, **a negative test result does not rule out getting sick later.**



Prevent the spread of germs when caring for someone who is sick

- Have the person stay in one room, away from other people, including yourself, as much as possible.
 - ▶ If possible, have them use a separate bathroom.
 - ▶ Avoid sharing personal household items, like dishes, towels, and bedding
 - ▶ Have them wear a cloth face covering (that covers their nose and mouth) when they are around people, including you.
 - ▶ If the sick person can't wear a cloth face covering, you should wear one while in the same room with them.
 - ▶ If the sick person needs to be around others (within the home, in a vehicle, or doctor's office), they should wear a cloth face covering that covers their mouth and nose.
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
 - ▶ Use household cleaning sprays or wipes according to the label instructions.

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- Wash laundry thoroughly.

▶ If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.

- Avoid having any unnecessary visitors.
- For any additional questions about their care, contact their healthcare provider or state or local health department.

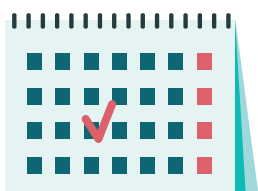
PROVIDE SYMPTOM TREATMENT

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Over-the-counter medicines may help with symptoms.
- For most people, symptoms last a few days and get better after a week.

WHEN TO END HOME ISOLATION (STAYING HOME)

People with COVID-19 who have stayed home (are home isolated) can stop home isolation under the following conditions:

- If they will not have a test to determine if they are still contagious, they can leave home after these three things have happened:



They have had no fever for **at least 72 hours** (that is three full days of no fever without the use of medicine that reduces fevers)

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AND Other **symptoms have improved** (for example, when their cough or shortness of breath have improved)

AND **At least 7 days** have passed since their symptoms first appeared

● If they will be tested to determine if they are still contagious, they can leave home after these three things have happened:



They **no longer have a fever** (without the use medicine that reduces fevers)

AND Other **symptoms have improved** (for example, when their cough or shortness of breath have improved)

AND They received **two negative tests in a row**, 24 hours apart. Their doctor will follow CDC guidelines.

CDC and the World Health Organization offer information on the disease, including travel information and updated case details.

Visit www.cdc.gov and www.who.int.

