



## FAQS COVID-19

The most common symptoms of COVID-19 are fever, cough and shortness of breath.

If you are experiencing fever with cough or shortness of breath, you could have COVID-19.

### STAY HOME

- You should restrict activities outside your home. Do not go to work, school, or public areas.
- Avoid using public transportation, ride-sharing, or taxis.
- Separate yourself from other people and animals in your home
- As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% rubbing alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty.
- Clean your hands often.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly in a dishwasher or with soap and water.
- Clean all "high-touch" surfaces every day including cell phones, keyboards, tablets, counters, tabletops, bedside tables, doorknobs, bathroom fixtures, toilets.
  - Use a household cleaning spray or wipe, according to the label instructions.
  - Follow the instructions on the product labels, including wearing gloves and having good ventilation.
  - A bleach solution can also be used as a disinfectant - mix 1 tablespoon of bleach to 1 quart (4 cups) of water, or for a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water.
  - Launder clothing with hot water, using a household laundry detergent and dry on a high-heat setting.
- Animals: You should restrict contact with pets and other animals while you are sick. When possible, have another member of your household care for your animals; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask.

### MONITOR YOUR SYMPTOMS

Most of those infected will have a limited and mild case. It will feel more like a cold. Most people who become infected with COVID-19 will be able to care for themselves at home. Currently, there is no specific anti-viral treatment for COVID-19 and no vaccine at this time. Antibiotics do not kill viruses.

See algorithm for ["DO I NEED TO SEE A DOCTOR?" handout](#).



## **DISCONTINUING HOME ISOLATION**

- If you have fever with cough or shortness of breath but are not sure if you have COVID-19, you should stay home away from others for 7 days OR until 72 hours after the fever is gone and symptoms get better (whichever is longer.)
- If you have tested positive for COVID-19, you should remain under home isolation precautions for 7 days OR until 72 hours after fever is gone and symptoms get better (whichever is longer.)
- If you have had close contact with a person with COVID-19 but are not sick, monitor your health for fever, cough and shortness of breath for 14 days after your last contact with the ill person. **Do not** go to work or school; avoid public places for 14 days.

## **OTHER PRACTICAL CONSIDERATIONS**

Even if you are not ill, avoid visiting hospitals, long-term care facilities or nursing homes to the extent possible. If you need to visit one of these facilities, limit your time there and keep 6 feet away from patients.

Recommend that you stop or reduce smoking/vaping cigarettes and/or marijuana.

Check these reputable websites for information: CDC, Washington State Department of Health and King County Health Department.

## **HOW TO WASH YOUR HANDS**

1. Turn on the water.
2. Wet your hands.
3. Turn off the water.
4. Apply soap.
5. Rub vigorously for 20 seconds – count 1-1,000, 2-1,000 or sing “Happy Birthday” twice.
6. Start with palms; be sure to get backs of your hands, between every finger, both thumbs, under all 10 nails, fingertips, wrists.
7. Turn on the water.
8. Rinse off all the soap.
9. Dry your hands with a clean towel.
10. Use a towel to turn off the faucet.

**WASHING YOUR HANDS IS ONE OF THE BEST WAYS TO PROTECT YOU AND THE COMMUNITY.**

**NW Asthma & Allergy Center cares about you and our community and wants to keep everyone safe. Our patients are at the center of all we do. During this time of uncertainty, we want to reassure you that we are doing everything we can to provide the best care possible, while ensuring the safety of our patients and staff.**