



LOS ANGELES CENTER FOR EAR, NOSE, THROAT AND ALLERGY

COVID-19

About the virus:

The novel coronavirus COVID-19 is a potentially serious infection that requires vigilant care and physical isolation from others as it is highly contagious. It is spread through respiratory droplets making contact with the eyes, nose and mouth, and can also be contracted by touching affected surfaces and touching the face.

Home care:

- Treat mild symptoms with plenty of rest, hydration, anti-pyretic (anti-fever) medications such as Tylenol.
- Physical isolation from others as much as possible. Have a “sick room” available and use a separate bathroom if possible.
- Wear a facemask if you are around any other people including caregivers.
- Always cover your mouth and nose if sneezing or coughing with a tissue and discard afterwards.
- Wash your hands frequently with soap and water for at least 20 seconds OR with sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- DO NOT SHARE personal and household items with others as it can spread the virus.
- Clean and disinfect high touch surfaces frequently, especially areas that may have blood, stool, or any body fluids on them.

When to seek additional care:

- Trouble breathing.
- Pain and pressure in the chest
- Confusion or inability to fully arouse
- Bluish color to the lips and/or face.

Home Isolation:

- Keep in mind that you may be contagious for up to 14 days after infection with the virus.
- Guidelines for home isolation:
 - If you will NOT be tested: must meet ALL of the following
 - You have not had a fever for over 72 hours (3 days), AND
 - All other symptoms (cough, sneezing, shortness of breath) are improved, AND
 - At LEAST 7 days have passed since the symptoms first started.
 - If you WILL be tested: must meet ALL of the following
 - You have not had a fever for over 72 hours (3 days), AND
 - All other symptoms (cough, sneezing, shortness of breath) are improved, AND
 - You received TWO negative tests in a row that are 24 hours apart.

Follow up schedule:

- Set up a telemedicine appointment to follow up with your provider regarding progress.
- Call 911 immediately if your symptoms are worsening and are having trouble breathing.

Source: Centers for Disease Control and Prevention (as of 3/26/2020)