

NorthShore Care Guide for Adult Patients with COVID-19

Your recovery is our main priority.

We continue to learn new information about COVID-19, so please call 847-HEALTH9 (847-432-5849) for questions or concerns related to COVID-19 and most up-to-date information and recommendations.

Please take a few moments to familiarize yourself with the information in this care guide, and share it with the other members of your household as well.

What are the emergency warning signs and some common symptoms of COVID-19?

Patients experience the COVID-19 virus differently. Some have mild symptoms while others have severe respiratory illness. **If you are experiencing emergency warning signs for COVID-19, please seek immediate medical attention.**

Emergency warning signs include:

- Difficulty breathing or shortness of breath, OR
- Persistent pain or pressure in the chest, OR
- New confusion or inability to arouse, OR
- Bluish lips or face

It is common to experience one or more of the following, more mild, symptoms:

- Fever
- Cough
- Congestion
- Sore throat
- Runny nose
- Muscle aches with flu-like symptoms
- Decrease in sense of smell or taste
- Loss of appetite
- Chills or shaking chills
- Headache
- Diarrhea
- Nausea or other gastrointestinal symptoms

This is not a complete list of the symptoms you may experience. Please contact your health care provider if you experience any other symptoms that are severe or concerning to you.

What are some over-the-counter products and care tips for recovering from COVID-19 at home?

Recovering at home can help to stop the spread of COVID-19. If you are experiencing mild illness from COVID-19, you can try the following remedies to alleviate some of your symptoms:

For fevers, body aches and headaches:

- Tylenol

For cough and mucus relief:

- Mucinex-DM, Extra Strength

For sore throat and cough:

- Cough drops, like Halls or Cepacol

For sore throat:

- Salt water, gargle three times a day—add ½–1 tsp salt in 8oz. of warm water
- Fresh Ginger + Lemon + Honey Tea (Add 1 tablespoon of each to boiling water, let simmer for 3–4 minutes, strain and drink. You can also adjust the quantity of each ingredient based on taste)

For congestion:

- Vicks VapoRub, apply to chest and under nose as often as you would like

For nasal congestion:

- Saline nasal spray, up to twice a day

To avoid dry air:

- Warm steam or humidifier

To avoid dehydration:

- At least 1 glass of water every hour (or Pedialyte or Gatorade)

How can I seek medical care if my condition worsens?

- Contact your health care provider if you experience worsening symptoms, especially shortness of breath or a pulse oximeter reading of 93% or lower.
- Call 911 if you have a medical emergency, alert the dispatch that you have COVID-19 and put on a face mask, if possible.
- If you choose to take yourself to an Emergency Department due to worsening symptoms, please choose one from the following list:

For Adult Patients:

NorthShore Glenbrook Hospital

(847) 657-5632

NorthShore Evanston Hospital

(847) 570-2111

Swedish Hospital

(773) 878-8200

For Pediatric Patients:

Advocate Children's Hospital

(847) 723-5154

Lurie Children's Hospital

(312) 227-3800

Call ahead to the Emergency Department and notify the charge nurse that you have COVID-19 and which symptoms you are experiencing. (Emergency Department phone numbers have been provided, in the list above.)

What can I do to protect others?

If you have been diagnosed with or think you may have COVID-19, please follow the guidelines below to help protect other people in your home and community:

- Stay home, except for getting medical care

- Do not go to work, school or public areas
- Do not use public transportation, taxis or ride-sharing
- If you must go out, to receive medical care wear a face mask

- Separate yourself from other people in your house

- Stay in a specific “sick room”, away from the other people in your house
- Use a separate bathroom, if available
- Do not handle pets



- Cover your coughs and sneezes

- Use a tissue, throw the tissue in a lined trash can and immediately wash your hands
- If a tissue is not available, cough/sneeze into the inside of your elbow



- Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, touching your face, going to the bathroom and before eating or preparing food
- Soap and water are the best option, especially if your hands are visibly dirty
- Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry, if soap and water are unavailable



- Avoid touching your eyes, nose and mouth, especially with unwashed hands



- Closely follow the household cleanliness recommendations below:

- Do not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people in your home

- Wash any of the above items thoroughly with soap and water or put into the dishwasher after use

- Routinely clean high-touch surfaces in your “sick room” and bathroom. High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets and bedside tables



- Clean and disinfect areas that may have blood, stool, or bodily fluids on them with soap and water or another detergent and then use a household disinfectant

For more information on household disinfectant, please visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

- Wear a face mask when you must be in close proximity to others

(refer to page 5, for safety tips regarding face masks.)



A guide to safely using a face mask

When to consider wearing a face mask:

- Any time that you must be in close proximity to others (if you are sick, this includes the other people living in your home.)
- Any time that you are out in public (getting gas, picking up food, grocery shopping, etc.)

How to safely put on and remove a face mask:

- Before touching your face mask, wash your hands with soap and water (or an alcohol based hand sanitizer if soap and water are not available.)
- Place the flexible band on the bridge of your nose and the rest of the mask should cover your nose and mouth and be secured under your chin.
- Place the straps behind your ears, leaving no gaps between your face and the mask. It should fit snugly against the sides of your face.
- When removing your mask, carefully take it off from behind or by the straps.
- Be very careful not to touch your eyes, ears, nose and/or mouth when removing it.

Tips for safe face mask use:

- While wearing a face mask, avoid touching it because if there are germs on the outside of the mask, they will get on your hands.
- If you need to adjust your mask while wearing it, clean your hands with soap and water or an alcohol based hand sanitizer before and after adjusting it.
- If your mask becomes damp, remove it and replace it with a new one.
- Dispose of used masks immediately in a lined trash can.

Use of cloth face masks:

- Cloth face masks should be washed after each use.
 - They can be washed in a washing machine or by hand.
- For more information on cloth face masks, including how to make them, clean them and properly wear them visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).



Place the flexible band on the bridge of your nose



Place the straps behind your ears



Clean hands with alcohol-based hand sanitizer or soap and water both before and after adjusting your mask



Carefully remove mask from behind or by the straps

A guide to safely using rubber or latex gloves

When to consider wearing gloves:

- When caring for someone with flu-like symptoms or who has been diagnosed with COVID-19.
- When you anticipate contact with bodily fluids or other contaminated items from the sick person, such as blood, stool, saliva, mucus, vomit, urine, used tissues or dirty laundry.
- The routine use of gloves is not recommended because you may inadvertently touch something contaminated and then touch something clean and transfer the germs.

How to safely put on and remove gloves:

- Before touching your gloves, wash your hands with soap and water (or an alcohol based hand sanitizer, if soap and water are not available.)
- Put the gloves on, making sure that they are on completely and the cuffs are extended
- Remove the gloves immediately after contact with bodily fluids or other contaminated items
- Remove the gloves very carefully, ensuring that you do not touch the outside of the used glove with your bare hand
 - To do so, grasp the outside of the glove about an inch down from the cuff on the opposite hand and pull the glove down to contain it in your gloved hand.
 - Next, take your ungloved index finger and slide it between your skin and the inside of the remaining glove.
 - Lastly, pull the glove down, allowing it to drop into a lined trash can.
- Immediately wash your hands with soap and water (or an alcohol based hand sanitizer, if soap and water are not available.)

Tips for safe glove use:

- Avoid touching your face while you have the gloves on. You do not want to inadvertently touch your eyes, nose or mouth and introduce the virus.
- Glove use **does not** eliminate the need to clean your hands. Before putting gloves on and immediately after removing them, wash your hands with soap and water (or an alcohol based hand sanitizer, if soap and water are not available.)



Wash your hands with soap and water (or an alcohol based hand sanitizer).



Put the gloves on, making sure that they are on completely and the cuffs are extended.



Grasp outside of glove about an inch from the cuff, pull the glove down to contain it in your gloved hand.



Slide ungloved index finger between your skin and inside of remaining glove.



Pull glove down, drop into a lined trash can.

What should I do when caring for someone who has COVID-19?

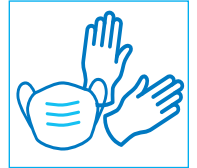
While most can recover from COVID-19 safely at home, older adults and people, of any age, with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are at higher risk of developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start. If you're caring for someone with COVID-19 at home, you should:

- **Monitor the sick person closely**
 - Watch for emergency warning signs of COVID-19 (refer to page 1)
 - Regularly monitor and record pulse oximeter readings (refer to page 3)
- **Help treat the sick person's symptoms**
 - Make sure they drink plenty of fluids and get a lot of rest
 - Use over-the-counter products and home care tips for mild symptoms (refer to page 2)
- **Seek further medical care if needed**
 - Keep their health care provider's phone number easily accessible
 - Call their health care provider if the person gets sicker
 - Use the CDC's self-checker tool ([cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)) and a pulse oximeter finger reader to help you make decisions about when to seek further medical care
- **Call 911 in the case of a medical emergency**
 - Alert the dispatch that the patient has COVID-19 and put a face mask on them, if possible

How can I protect myself, as a caregiver of someone with COVID-19, and the rest of my household?

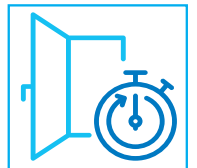
- **When cleaning and disinfecting a sick person's bedroom or bathroom**

- Do so on an as-needed basis
- Wait as long as possible after they have used the bathroom
- Wear a face mask and rubber or latex gloves, if available
- Discard the face mask and gloves and wash your hands thoroughly immediately after cleaning



- **When entering the sick person's room**

- Wear a face mask, if available
- Discard the mask and wash your hands thoroughly immediately after leaving the room
- Stay at least six feet away from them, especially if a face mask is not available
- Limit exposure as much as possible



- **Visitors, other than caregivers, are not recommended**



How long do I need to stay in home isolation?

If you tested positive for COVID-19, you should remain in home isolation until you've recovered, meaning:

- 10 days after your illness began or 10 days after you have been tested
- AND you're fever free for at least 3 days without fever reducing medication
- AND your symptoms have improved

If you did not have COVID-19, but someone in your house did, you should remain in home isolation until:

- 14 days after the last contact you had with the sick person, if they were able to isolate.
 - Isolation means that the sick person maintained 6 foot social distance and/or stayed in a separate room from the rest of the people in the house
- 14 days from the date the sick person was deemed "recovered", if they were unable to isolate.

This recommended isolation period is subject to change; please visit dph.illinois.gov/covid19 for the most up to date information.

The decision to stop home isolation should be made in consultation with the sick person's health care provider and state and local health departments. Local decisions depend on local circumstances.