**Viral syndrome and Novel Coronavirus (COVID-19)**

You have a viral syndrome which may include symptoms like muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, vomiting or diarrhea. One of the potential viruses you may have is COVID-19, also known as the novel coronavirus. You may be just as likely to have a different viral infection such as a typical “cold virus”. Most COVID-19 patients have mild viral syndrome symptoms and recover with basic care. As of today’s visit, you are well enough to go home and treat your symptoms with oral fluids, medicines for fevers, cough, pain, etc.

If COVID 19 testing was performed, the results will not be available until the next day. **DO NOT CONTACT THE EMERGENCY DEPARTMENT OR CLINIC FOR RESULTS OF THIS TEST.** We are not able to release results by telephone.

- **If the result is positive, you will be contacted** by a member of the UW Medicine Infection Control team for further discussion of treatment.
- **If the result is negative** we do not routinely call with the results, however, when possible a call is made to inform you of negative results. You may utilize eCare or secure link portal if you have access to either of those systems. You can also contact your PCP for verification of the results. If you are not contacted by the second day after your visit, you may assume the result was negative.

Please follow the precautions below:

**Stay home except to get medical care.**
As advised by the Centers for Disease Control and Prevention (CDC), we recommend you stay in your home and minimize contact with others to avoid spreading this infection. **The elderly or anyone with significant medical issues may have far more severe symptoms from this infection.** We recommend this separation, also known as self-isolation, for 14 days after your first day of symptoms. If you become sicker, specifically difficulty breathing, unable to keep fluids down, severe vomiting, diarrhea or weakness, you may need to return to the Emergency Department or contact your clinic provider for re-evaluation. You should restrict activities outside your home, except for getting medical care. 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**
People: 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.
Animals: Do not handle pets or other animals while sick.

**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 with soap and water.

**Clean all “high-touch” surfaces every day** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

**Clean your hands often**
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

**Cover your coughs and sneezes**
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 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

**When seeking care at a healthcare facility:**
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed. If possible, put on a facemask before emergency medical services arrive.

Please see the resources below for more information

**Washington Department of Health websites:**

**General Facts**
[https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/FactSheet](https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/FactSheet)

Patients who test positive for COVID-19 or who are suspected to have COVID-19 infection and who are not hospitalized should receive information on management of isolation in the community.
What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)

What to do if you have symptoms of coronavirus disease 2019 (COVID-19) and have not been around anyone who has been diagnosed with COVID-19

CDC Corona Website

General Information

Washington State Department of Health Coronavirus Call Center 1-800-525-0127

UW Medicine Coronavirus Information Line 206-520-2285