

You are being tested for the Coronavirus, also called Covid-19.

Don't Panic - Most people will just feel like they have a very bad cold.
These instructions will help you take care of yourself and keep your loved ones safe.

Limit Exposure Risk

- Stay in one room.
- Pick a room with good airflow and open windows.
- If you have to share a bathroom, open the windows.
- Wear a mask if you have one.
- If you can't find a mask, cover your cough and sneeze.
- Throw away disposables in a garbage bag.

Items used to cover the mouth and nose should be discarded or cleaned appropriately after use.

Protect Your Family

- Don't share a bed or room.
- Stay 6 feet away if possible.
- Assign one caregiver.
- No visitors.
- Avoid pets when possible. (they can pass germs)
- Don't share a towel, a spoon, a plate or a cup.

WHO SHOULD BE THE CAREGIVER?

Someone healthy. ***People with heart or lung problems, who have had transplant surgery, who are on medications to suppress the immune system and pregnant people should never come in contact with somebody with possible Coronavirus (COVID-19.)***

Keep Yourself Safe

- Minimize contact with sick family member
- Use vinyl or disposable gloves when caring for your family member.
- Wear a tight fitting mask if you have one.
- Make sure the sick family member is wearing a mask when providing care.
- Change your mask if it gets wet, do not touch the front of mask when tying it on or off.
- **WASH YOUR HANDS WITH SOAP AND WATER - before and after providing care.**

How to Clean

- Plates, cups, forks should be washed with dish soap and hot water. May be used again by the sick family member.
- Use gloves when handling dirty items. Don't brush up against or shake soiled items.
- Dirty sheets, towels, and clothes should be washed in hot water with laundry soap.
- All trash should go into plastic garbage bags.
- Wash all shared surfaces and bathrooms with regular household disinfectant (1 part bleach to 9 parts water) or another common cleaning product with bleach.
- Wash all vinyl gloves with soap and water, disinfect with regular household disinfectant.

Contact Isolation

- Any person who is a close contact or has a family member in the same house with Coronavirus should self-isolate and stay away from others.

A close contact is a person with any of the following exposures:

- Providing care for Coronavirus (COVID-19) patients
- Work close together or in the same classroom as a person with COVID-19
- Share a car, plane, bus with a person with COVID-19
- All people in the same house as the patient within the last 14 days after the start of symptoms.

PLEASE self-quarantine to protect your healthy family and the community.

The following may be signs that you should return to the hospital:

- Shortness of breath, or having a hard time breathing going short distances; like to the bathroom
- Lightheadedness or feeling like you are going to pass out
- Vomiting or diarrhea to the point where it is not possible to stay hydrated
- Confusion, change of behavior
- Rapid breathing or difficult breathing at rest

Please do the following if you need to come back to the hospital:

- If possible, please use your own private vehicle rather than an ambulance. If a patient can get themselves into a car with basic assistance, an ambulance is not needed.
- If you must use an ambulance, let the 911 dispatcher know that you are being evaluated for COVID-19. Put on a face mask before emergency medical services arrive.
- Please call the hospital at (808) 932-3000 to let us know you will be coming in, that you have or might have COVID-19, and in what make/model vehicle you will be arriving

USEFUL CONTACT INFORMATION

Big Island District Health Office (HILO) – (808) 933-0912
Dept. of Health after hours – 1-(800) 360-2575
Hilo Medical Center – (808) 932-3000
Emergency 911