

## What if I get Corona Virus? (COVID19)

<p><b>I tested positive for COVID-19. What should I do now?</b></p>	<p>If you tested positive, you must stay at home and self-isolate. This means stay in a different bedroom from others in your home, and if possible, use a separate bathroom. Clean everything you touch when you use the bathroom or kitchen.</p> <p>If you live with other people and they were not tested, they should keep their distance from you. This includes not eating meals together and not sitting around the house together. Practice social distancing as much as is possible (stay at least 6 feet from each other).</p> <p>If it is not possible to keep your distance from others in your home, find out about your community's isolation housing options.</p>
<p><b>What should the people who live in my home know/do?</b></p>	<p>If they are <b>sick</b> (fever, cough, difficulty breathing), they should also <b>self-isolate</b> for 14 days. If the symptoms are mild, they should recover at home or in isolation housing. If the symptoms worsen and a medical evaluation is needed, call the Nurse Call Line (907) 443-6411 or 1-844-586-8773.</p> <p>If they are not sick they should <b>self-quarantine</b> for 14 days. If the asymptomatic (not sick) person gets sick, they should follow the self-isolation instructions above. Symptoms may take 2-14 days to appear. It is important to monitor your health long enough to ensure you do not develop symptoms (fever, cough difficulty breathing, diarrhea).</p>
<p><b>What is the difference between mild and moderate symptoms?</b></p>	<p>Mild symptoms are when you feel unwell but can stay home and manage at home. Most people with mild symptoms can recover from home. See above for how long you should stay home/self-isolate.</p> <p>Moderate symptoms are those where you may need a medical evaluation from your health care provider. If your symptoms worsen over time and do not get better, <u>especially if you have trouble breathing</u>, call the Nurse Call Line for next steps.</p>
<p><b>Should I tell other people that I have or my family member has COVID-19 virus?</b></p>	<p>Those who have been closest to you for a prolonged period of time are going to be at highest risk. Household members and others who you spent more than 10 minutes within 6 feet of you, or shared a meal, would be at increased risk and should be advised to self-quarantine at home for 14 days.</p> <p>People who you did not spend a long time with should monitor their health; no restrictions about where they go (other than state/local mandates) They should wash hands often and practice social distancing. If possible, you should notify individuals above regarding your illness. Work or school supervisors may be informed to help with this process.</p> <p>People who you may have casually come into contact with (passed by outside, briefly spent time within a room), are not considered to be at risk and do not need to be contacted.</p>