

# “Do I have COVID-19 and what do I do?”



## COVID-19 Guidance for Eastern Iowa

### 80% of Iowans infected with COVID-19 will experience only mild-to-moderate illness



#### I have mild to moderate illness

Symptoms are mild cough, shortness of breath, and fever (*temperature above 100.4*)

#### Stay home and self-isolate until:

- × You are symptom free for **72 hours** without the use of fever-reducing medication
- × Symptoms improve over **3 days**
- × **7 days** pass from onset of symptoms

Do not need to go to a healthcare provider.

Do not need to be tested to confirm you have COVID-19 (*the treatment plan wouldn't change*).

Must have **all three factors** noted above before returning to work and other activities!

Recovering at home includes drinking lots of fluids, getting rest, and treating symptoms with over-the-counter medications.



#### I have more severe illness

Symptoms are a consistent cough, difficulty breathing, consistent pain or pressure in the chest, and a fever that will not respond to Tylenol.

**Stay home, self-isolate and contact your provider by phone first or call Mercy's ER at (319) 398-6042.**

**Do not visit a healthcare location without calling first.**

If you develop emergency signs of COVID-19 (*confusion, blue lips, etc.*), seek medical attention **immediately**.

Please consult your provider for any other symptoms that may appear severe.

Your provider will assess whether you need to be seen in the office or if you can recover at home.



#### I feel fine (healthy), but I'm concerned I've been exposed and/or I have traveled.

**The CDC and Iowa Department of Public Health recommend that you stay home and self-isolate for 14 days.**

**Well Iowans with potential COVID-19 exposure should stay home and isolate for 14 days if:**

You've been on a cruise in last 14 days.

You've traveled outside of Iowa in the last 14 days.

You live with someone who has symptoms of COVID-19, regardless if they've been tested.

If you have had contact with someone who may have been exposed, but you do not have symptoms, simply monitor your health carefully. In this scenario, you do not need to isolate or get tested.