

IF YOU TEST POSITIVE FOR THE COVID-19 INFECTION

If you test negative for the COVID-19 infection, please go to page 4. If you test positive for the COVID-19 infection at a Marque Medical Clinic, please continue reading. In most cases, you will be fine, and your body will fight the disease as our bodies are designed to do. Please know that we are here for you if you have any questions, and we will get through this together. But it is important to understand the steps you must now take to care for yourself and prevent the spread of the disease to others. Our community medical infrastructure depends on you to help keep the disease from spreading so that medical teams can focus on high-risk and vulnerable people.

PLEASE FOLLOW THESE INSTRUCTIONS:

- **You must self-isolate** for a minimum of 10 days after the start of your illness or from the date of your positive test.
- **You can end your isolation after ALL the following have been met:**
 1. It has been at least 10 days since your symptoms first appeared or the date of your positive test.
 2. It has been at least 24 hours since your symptoms have resolved.
 3. You have NO fever without the use of fever-reducing medications.
 4. There has been improvement in your symptoms.



You should be seen through the Marque Virtual Doctor platform every 2-3 days until your illness resolves at: www.MarqueMedical.com/virtual-care

✓ **Isolate your household members who were exposed to you while you were sick**

- **Household members with close contact to you** while you had symptoms are to be quarantined at home for 14 days past last unprotected contact with you (i.e, since COVID-19 diagnosis or separation into a different room).
 - Close contact is defined as less than 6 feet in distance for more than 15 cumulative minutes within a 24-hour period without proper face protection.
- **Household members on quarantine** can leave the house on errands with a mask to get food, medicine, doctor appointments, or to exercise, but should avoid close contact with others as much as possible.
- **They should monitor themselves** for fever, cough, body aches or other symptoms, and isolate themselves if such symptoms occur.
- **If household members become ill** with COVID-19 symptoms, they should be seen on the Marque Virtual Doctor Platform for possible testing and treatment.

- ✓ **Health experts don't yet know whether we become immune to COVID-19 after we're infected.** And if we do become immune, we don't know how long that might last. Most people who've recovered from COVID-19 do make antibodies against the virus. But so far, it's not conclusive that this will protect you against the virus if exposed to it again.

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

Look for **emergency warning signs*** for COVID-19. If you or a family member is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call a medical provider for any other symptoms that are severe or concerning to you.



Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

STEPS TO HELP PREVENT THE SPREAD OF COVID-19

Follow the steps below to care for yourself and to help protect other people in your home and community.



Stay home. Most people with COVID-19 have mild illness and can recover at home without emergency medical care. Do not leave your home, except to get medical care. Do not visit public areas. Have friends or family members run errands as needed.



Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.



Stay in touch with your doctor. Call before you get medical care and let them know you have been diagnosed with COVID-19. Be sure to get care if you have trouble breathing, or have any other emergency warning signs listed above, or if you think it is an emergency.



Avoid public transportation, air travel, ridesharing, or taxis.

✓ Separate yourself from other people

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask. Have meals delivered to the bedroom and do not spend time in the same room as family members without a mask. Open windows (weather permitting) to increase ventilation. Do not allow visitors to come into the home.

Tell your close contacts they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any onset symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

- If you are diagnosed with COVID-19, someone from the health department may call you. Please answer the phone to assist them with slowing the spread.

You should always wear a mask over your nose and mouth if you must be around other people or animals, including pets (even at home). COVID-19 spreads mainly from person to person through respiratory droplets. Respiratory droplets travel into the air when you cough, sneeze, talk, shout, or sing. These droplets can then land in the mouths or noses of people who are near you or they may breathe these droplets in.



Masks are a simple barrier to help prevent your respiratory droplets from reaching others. Studies show that masks reduce the spray of droplets when worn over the nose and mouth.

- **You do not need to wear the mask if you are alone.** If you cannot put on a mask (because of medical issues or trouble breathing, for example), cover your coughs and sneezes in a tissue or elbow. Remember to dispose of tissues properly in a lined trashcan. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- **Masks should not be placed on young children under age 2 years,** anyone who has trouble breathing, or anyone who is not able to remove the mask without help.

Note: Some masks work better to help stop the spread of COVID-19 outside of healthcare settings. Medical masks and N-95 respirators should not be used because they should be conserved for healthcare workers. The following are examples of effective masks if worn properly.

- Non-medical disposable masks
- Masks with two or three layers that fit properly (snugly around the nose and chin with no large gaps around the sides of the face)
- Masks made with tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source)



Make sure to disinfect and wash your mask often to keep it clean and sanitary.

✓ Cover your coughs and sneezes



- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw away used tissues** in a lined trashcan.
- **Immediately wash your hands** 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.

✓ Avoid sharing personal household items



- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put in the dishwasher.

✓ Clean your hands often



- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. 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.
- **Soap and water** are the best option, especially if hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

✓ Clean all “high-touch” surfaces everyday

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.



- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom and wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait if possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Most EPA-registered household disinfectants should be effective.

IF YOU TEST NEGATIVE FOR THE COVID-19 INFECTION

Please be wise and follow all necessary preventative measures described above to help slow the spread of COVID-19. We are all in this together to stop the spread of COVID-19.



- You probably were not infected at the time your sample was collected.
- **The CDC recommends testing at least 5 days** or more after your exposure or contact with an infected COVID-19 person. It is possible that you were very early in your infection when your sample was collected and that you could test positive later.
- **Testing for COVID-19 before 5 days** of your exposure date can lead to a false negative test result and may not exclude an active COVID-19 infection.
- **Having a negative result does not mean you will not get sick.**
- **Antibody test is not the same test as a diagnostic test** (molecular or antigen) and does not rule out current active infection.