



# What to do if you think you have COVID-19?

## Have you in the past 14 days

Been in close contact<sup>1</sup> with a person known to have COVID-19

←OR→

Reside in or been in an area<sup>2</sup> with ongoing spread of COVID-19



AND currently experiencing



Fever (measured >100.4° F), Cough or Difficulty Breathing

*If you do not meet the criteria above, it is less likely you have COVID-19.*

<sup>1</sup> Close contact is defined as being within 6 feet of or sharing a congregated setting with a confirmed case for prolonged period of time.

<sup>2</sup> Check CDC's COVID-19 Travel website for most up-to-date areas with ongoing transmission (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.)



## Self-isolate

- **Stay home:** People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- **Notify your supervisor:** Inform your supervisor that you are ill and unable to come into work.
- **Avoid public areas:** Do not go to work, school, or public areas.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.
- **Stay away from others:** 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.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

## Seek Medical Evaluation

- **Call ahead:** It is imperative, for your protection and protection of healthcare providers that you call the healthcare provider in advance of presenting at the medical treatment facility and tell them that you may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected. You can also call the Tricare Nurse Advice Line at 1-800-TRICARE, and choose option one for additional instructions on how to be seen.
- **Emergency:** If you develop emergency warning signs\* for COVID-19 get medical attention immediately at the nearest Emergency Room. Make every effort to call ahead if possible. (\*Emergency warning signs include: difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face.)
- **Getting tested:** If your provider decides COVID-19 testing is appropriate for you, they will arrange for you to get tested at an approved laboratory. Testing will involve swabbing the back of your nasopharynx and/or the back of your throat. You can expect results of your test anywhere from 1 to 5 days.