

Viral Syndrome and Novel Coronavirus (COVID-19)

You have a viral syndrome, which may include symptoms like muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, vomiting or diarrhea. One of the potential viruses you may have is SARS-CoV-2, the virus that causes COVID-19, also known as the novel coronavirus. You may be just as likely to have a different viral infection such as the common cold or flu. Most patients with COVID-19 have mild symptoms and recover on their own. However, the elderly or anyone with significant medical issues may have more severe symptoms from this infection. Resting, staying hydrated and sleeping are typically helpful. As of today's visit, you are well enough to go home and treat your symptoms with oral fluids, medicines for fevers, cough and pain etc.

You were tested for COVID-19 today. The test can take multiple days to result. Please do not call your primary doctor, the hospital or UofL Physicians directly for results. You will be called with your results as soon as they are available. Please follow precautions at home and quarantine yourself until you receive your results.

PLEASE FOLLOW THE PRECAUTIONS BELOW:

- As advised by the Centers for Disease Control and Prevention (CDC), we recommend you stay in your home and minimize contact with others to avoid spreading this infection. **Do not go to work, school or public areas.**
- **Only leave your home to get medical care.** Avoid using public transportation, ridesharing or taxis.
We recommend separation, also known as self-isolation, for at least seven days after your first day of symptoms and several more after that if you are still sick.
- 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.
- **Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- **Clean all "high-touch" surfaces every day.** High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Also, clean any surfaces that may have blood, stool or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the product.
- **Wash your hands often 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, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.
- **Cover your coughs and sneezes.**
- Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds (preferred) or clean your hands with an alcohol-based hand sanitizer.