

Patient Education

COVID-19 ED

You must carefully read the "Consumer Information Use and Disclaimer" below in order to understand and correctly use this information

General Information

You came to the Emergency Department (ED) for signs of Coronavirus Disease 2019 (COVID-19). You may be waiting on test results. The staff will notify you if there are concerning results.

COVID-19 spreads easily through droplets when you sneeze or cough. This is how most people get the infection. Doctors believe the germs also survive on surfaces like tables, door handles, and telephones. However, this is not a common way that COVID-19 spreads.

What care is needed at home?

- Call your regular doctor to let them know you were in the ED. Make a follow-up appointment if you were told to.
- If the doctor prescribed medicines to treat COVID-19, be sure to follow all instructions for taking them.
- Drink lots of water, juice, or broth to replace fluids lost from a fever.
- You may want to take acetaminophen to help with fever. You can also try ibuprofen.
- Use a cool mist humidifier. This might make it easier to breathe.
- Rest on your belly, if that is comfortable for you. This might make it easier to breathe.
- Do not smoke and do not drink beer, wine, and mixed drinks (alcohol).
- To lower the chance of passing the infection to others:
 - Stay home while you recover. Only go out if you need to get medical care.
 - At home, try to stay in a separate room, away from other people and animals. This is called "self-isolation." Use a separate bathroom if possible.
 - Wear a mask over your mouth and nose if you are around others. Respirator masks like N95 and KN95 can filter out even very tiny air particles. Whatever type of mask you use, it's important that it fit snugly over your face with no gaps. You can improve the fit by using a mask with an adjustable nose wire, adjusting or knotting the ear loops to make it

tighter, or wearing a cloth mask on top of a disposable mask. If other people have to be in the same room or car with you, they should wear a mask as well.

- Use a separate bathroom if possible.
- Wash your hands often. Avoid touching your face, especially your mouth, nose, and eyes.
- Avoid sharing personal items with other people in the household.
- Do not make food for others.
- Continue to self-isolate until your doctor or nurse tells you it's OK to return to your normal activities. When you can stop self-isolation will depend on how long it has been since you had symptoms, and in some cases, whether you have had a negative test (showing that the virus is no longer in your body).

When do I need to get emergency help?

- **Call for an ambulance right away if:**
 - You are having so much trouble breathing that you can only say one or two words at a time
 - You need to sit upright at all times to be able to breathe and or cannot lie down.
 - You are very confused or cannot stay awake.
 - Your lips or skin start to turn blue.
 - You think you might be having a medical emergency. Some examples of medical emergencies are:
 - Severe chest pain.
 - Not able to speak or move normally.
- **Return to the ED if:**
 - You have trouble breathing when talking or sitting still.

When do I need to call the doctor?

- You have new shortness of breath.
- You become weak or dizzy.
- You have very dark urine or do not pass urine for more than 8 hours.
- You have new or worsening COVID symptoms like:
 - Fever
 - Cough

- Feeling very tired
 - Shaking chills
 - Headache
 - Trouble swallowing
 - Throwing up
 - Loose stools
 - Reddish purple spots on your fingers or toes
- You have other new or worsening symptoms.

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Consumer Information Use and Disclaimer:

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at <https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms>

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