You have tested positive for coronavirus (COVID-19). This information will help you know what you need to do to take care of yourself and your family.

We know that COVID19 can make people very sick and, in some people, becomes very serious. Therefore, we want to care for you through this entire period. After this visit:

* You may get follow-up calls from our team to check-in.
* If you are feeling worse, we will make sure that you are seen back at the Respiratory Clinic or in the Emergency Department if that is necessary.
* We will inform your primary care provider so they continue to be informed about your care.
* **Your healthcare team needs to know if you develop shortness of breath or trouble breathing. If you have these symptoms, or if you develop new symptoms or if your current symptoms worsen, please contact us.**
  + **To reach us, please call 617-665-1977 to speak to the Coronavirus Triage Center nurses. The Triage Center is open 7 days a week, 8 a.m. - 5 p.m. If you need help after 5 p.m., please call @PCPDEPTPHONE@ to speak with the on-call provider.**
  + **There is someone on call at all times to answer your questions.**
* **If you think you need to go to the emergency room, please call the triage line at 617-665-1977 before going to the ER. Call 911 in an emergency.**

**COVID - 19:**

Below is some information about COVID19 - please read it at home and call us or your primary care provider to ask any questions or discuss your concerns.

Some patients with COVID19 (Coronavirus) get very sick, hospitalized, and might even need a ventilator to help them breathe for weeks.

* Ask your provider if you are at high risk for complications of COVID19.
* If you are at high-risk, we suggest that you prepare for a hospitalization (again, not everyone gets hospitalized, but it is important to plan ahead).
  + Set up care for any family members (care for your child/children) and/or pets.
  + Talk to a trusted friend/family member who will help you take care of things if you are hospitalized.
  + Talk to your primary care provider or one of us to tell us what you would want or not want in a hospitalization.

**My primary care provider is @PCP@, phone number @PCPDEPTPHONE@**

Who should I inform if I need to be hospitalized?

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2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are things I need to plan for if I need to be hospitalized?

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**Taking care of yourself:**

There is no specific treatment for coronavirus at this time. As with other illnesses, the best things you can do are rest and make sure you drink enough fluids. If you have fever or pain, use Tylenol (acetaminophen) first. You can also use NSAIDS (ibuprofen, naproxen, or other non-steroidal anti-inflammatories) if Tylenol is not working and your doctor has not told you to avoid NSAIDs. You can take your prescribed medicines unless you have been told not to. Do not take any other new medicines unless they are prescribed to you.

At minimum, you should stay home for at least 10 days since the onset of your symptoms, and for at least three days after the last day you had a fever. You must do all of the following things to keep yourself and your family safe. Please continue to follow this advice until you receive your result. Even if your result is negative, we will still recommend that you stay home until your symptoms are completely resolved.

* Staying home. Do not leave your house except to get medical care. Do not go to work, school, public places, or stores. Do not use public transportation, like the bus or subway. Do not invite friends or family over unless absolutely needed.
* Staying safe. Stay in one room of the house by yourself, preferably with the window open. Use a separate bathroom if possible. Wash your hands frequently with soap and water for at least 20 seconds. Avoid touching your face, mouth, eyes, and nose, and cough or sneeze into a tissue.
* Keeping things clean. Do not share personal items (like brushes) with other people in your home. Do not share kitchen items (dishes, cups, silverware) or linens (towels/bedding) with other people. Clean surfaces you use often at least once a day – things like doorknobs, bathroom fixtures like faucets, toilets, phones, lamps and light switches.

**Taking care of your family:**

People you live with are at risk for getting coronavirus if you have it. Here is how you can help keep them safe:

* Staying home. Your household members should stay home for 14 days from your first day of symptoms. They should not go to work or school. If you were at work or elsewhere while you had symptoms, people you were in close contact with (like sharing an office) should stay home for 14 days too.

Seeking medical care: If a member of your household develops fever, cough, or shortness of breath, they should call their primary care practice.