



SELF CARE INSTRUCTIONS – Flu-Like Symptoms (During a Coronavirus Pandemic)

You have received a medical assessment through EMSA – either via a telehealth physician or from an EMT and/or Paramedic in person. It has been determined that in the interest of protecting your health along with the health of others in your community, self-isolation in your home is recommended. Our evaluation and determination to not take you to the hospital via ambulance are NOT considered to be a formal diagnosis of COVID-19. This emergency evaluation is not a substitute for regular and ongoing medical evaluation by your primary care physician, physician assistant, or nurse practitioner.

We recommend that you inform your primary care professional that EMSA was called and that you provide the information the EMS personnel recorded on these instructions (if applicable).

EMSA Assessment Performed on ___/___/___ **at** ___:___ (time)

Breaths/Minute: _____ Heart Rate/Minute: _____ Blood Pressure: ___/___ Pulse Ox (Oxygen Level): ___ %

If your symptoms worsen or you become more worried about how you are feeling, seek care by calling your healthcare professional’s office for an appointment, going to an urgent care clinic or emergency department, or re-calling 911 if felt an emergency situation.

You should restrict activities outside your home or where you are living, except for getting medical care and basic necessities for life (examples include food, water, medications). Do not go to work, school, or public areas until you are symptom free for at least 3 days and for at least 14 days since your symptoms started. Avoid using public transportation, ridesharing, or taxis during this same time.

There is no specific treatment (“antidote”) for most viruses, including those that cause the common cold and the virus that causes COVID-19.

Most people recover on their own from these viruses, including COVID-19. Here are steps that you can take to help you get better:

PLEASE DO THE FOLLOWING:

- Rest as much as possible. You should stay in a separate room and away from other people in your home. Also, use a separate bathroom than others, if available.
- Prevent the spread of germs by wearing a fabric facemask, cover any coughs/sneezes if not able to wear a mask, and clean hard surfaces with a germicidal wipe or solution at least a couple of times a day. Avoid close contact with other people (keep a 6 foot or greater distance). Avoid cigarette smoke.
- Wash your hands frequently with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, going to the bathroom, and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer. The sanitizer should be at least 65% alcohol content to be effective. This can be checked on the ingredients label of the hand sanitizer.
- To reduce fever and muscle aches, take over-the-counter pain medications such as Tylenol (acetaminophen) or Motrin (ibuprofen). Tylenol is preferred. Follow the instructions on the package, unless your physician or other healthcare professional gave you different specific instructions. Note that these medicines do not ‘cure’ the illness and do not stop you from spreading germs. Take your regular prescribed home medication(s) – such as for hypertension, diabetes, seizures - exactly as prescribed.



- Children should not be given medication that contains aspirin (acetylsalicylic acid) because it can cause a rare but serious illness called Reye's syndrome.
- Drink plenty of fluids, such as water up to eight to twelve eight-ounce glasses a day. Hot fluids, such as tea or soup, may help relieve congestion in your nose and throat. If you have kidney, heart, or liver disease and have to limit fluids, talk with your prescribing physician(s) before you increase the amount of fluids you drink.

WHEN TO SEEK FURTHER MEDICAL CARE:

In most cases, your symptoms evaluated through EMSA today can be treated from home and will start getting better within 7 days. We ask that you only call 911 if your symptoms become what you believe to be life threatening. If you call 911 for a life-threatening emergency, please tell the emergency dispatcher you are having Flu or COVID-19 like symptoms.

If your symptoms are not life threatening, but do NOT start getting better within a week, please call your primary physician, physician assistant, or nurse practitioner for a clinic appointment..

CALL 9-1-1 IF YOU:

- Have chest pain/discomfort or difficulty breathing
- Feel faint or think you are going to pass out
- Have new onset confusion or others say you are acting abnormally
- Have bluish lips or face
- Start coughing blood or very heavy mucus that impairs your breathing

- Have a seizure
- Have uncontrolled vomiting and/ or diarrhea longer than a day, or your stools are red or black in color
- Have severe abdominal pain



Resources

Misinformation about COVID-19 can create fear and that makes it harder to keep everyone healthy. Please use the following links for the most up-to-date recommendations:

Center for Disease Control- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Oklahoma State Department of Health- <https://coronavirus.health.ok.gov/>

Mental Health- https://www.ok.gov/odmhsas/COVID19_Comprehensive_Resource_Guide.html