

Patient Education

COVID-19 ED

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

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.
- 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 in a separate room, away from other people and animals in the household as much as you can. Only go out to get medical care.
 - Use a separate bathroom if possible.
 - Wash your hands often.
 - Avoid sharing personal items with other people in the household.
 - Do not make food for others.
 - Wear a mask over your mouth and nose if you are around other people. If other people have to be in the same room or car with you, they should wear a mask as well.

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 information is not specific medical advice and does not replace information you receive from your health care provider. This is only a brief summary of general information. It does NOT include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or life-style choices that may apply to you. You must talk with your health care provider for complete information about your health and treatment options. This information should not be used to decide whether or not to accept your health care provider's advice, instructions or recommendations. Only your health care provider has the knowledge and training to provide advice that is right for you.

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