13. What can I do if I get stressed about COVID-19?

When you hear, read, or watch news about an outbreak of an infectious disease, it is normal to feel anxious and show signs of stress. It is important to care for your own physical and mental health. For tips on what you can do to cope, visit bewellindiana.com. For help, call the Bowen Center at 1-800-342-5653. If you have Medicaid, they can set you up for services. If you do not have health insurance or Medicaid, they can set you up with a Navigator to access Medicaid or they offer a sliding scale fee based on your income, so that you can be seen.

14. What can I do if I am feeling harassed or discriminated against?

The county is committed to assuring that all residents affected by COVID-19 are treated with respect and compassion, and that we all separate facts from fear and guard against stigma. The outbreak is no excuse for spreading racism and discrimination. If you are being harassed or experiencing discrimination based on race, nation of origin or other identities, you should report it.

15. Whom can I call for more information in Spanish?

Call NIHHC's COVID-19 hotline at 574-206-3938. A healthcare professional will be available to answer your questions in Spanish or English. Please leave your phone number and name just in case the line is busy, and somebody will return your call within 24 hours.

16. What else can I do?

- Find a healthcare provider if you don't already have one.
- Update your emergency kits with food, medications, and supplies to last 14 days in case there is a need for quarantine. It is important to be prepared as you would for any other emergency.
- Always check with reliable sources for the most up-to-date, accurate information about coronavirus.
  * *COVID-19 Fact Sheet*
    - https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf
  * *Center for Disease Control on COVID-19*
    - https://www.cdc.gov/coronavirus/2019-ncov/index.html
  * *State Of Indiana's COVID-19 Page*
    - https://www.in.gov/coronavirus/
  * *Multilingual Resources on COVID-19*
    - https://switchboardta.org/blog/a-round-up-of-multilingual-resources-on-covid-19/
  * *Combined Community Services – Emergency Assistance*
    - https://ccsgives.com/for-clients/emergency-assistance/
  * *Church Community Services – Emergency Assistance*
    - https://www.churchcommunityservices.org
  * *Brightpoint – COVID Financial Assistance*
    - https://mybrightpoint.org/index.php/cofa/

The information in this pamphlet has been reviewed and approved by: Bowen Center, City of Warsaw, MedStat, Parkview, and Kosciusko County Health Department.

1. What is a coronavirus?

Coronaviruses are a large family of viruses. Many of them infect animals, but some coronaviruses from animals can evolve (change) into a new human coronavirus that can spread from person to person. This is what happened with the new coronavirus known as SARS-CoV-2, which causes the disease known as COVID-19. Diseases from coronaviruses in people typically cause mild to moderate illness, like the common cold.

2. How are coronaviruses spread?

Like other respiratory illnesses, human coronaviruses most commonly spread to others from an infected person who has symptoms through:

- Droplets produced from coughing and sneezing.
- Close personal contact, such as caring for an infected person.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

3. What are the symptoms of COVID-19?

Reported illnesses have ranged from people with mild symptoms to people becoming severely ill, requiring admission to the hospital, and dying. Symptoms may include:

- Fever of 100.4°F or higher
- Repeated shaking with chills
- Congestion or runny nose
- Shortness of breath or difficulty breathing
- Nausea or vomiting
- Chills
- Cough
- Muscle pain
- Loss of taste or smell
- Headache
- Diarrhea
- Sore throat

4. What should I do if I have these symptoms?

Contact your healthcare provider and follow their care instructions. They may recommend getting tested for COVID-19.

Older adults (over 65 years old), pregnant women, and those with compromised immune systems or underlying medical conditions, such as obesity, hypertension, diabetes, lung disease or cardiovascular disease, who experience COVID-19 symptoms should call their doctor early.

If you don't have a family doctor or health insurance, go to any free testing clinic or site where individuals do not need to present a doctor's referral in order to be tested. You will be screened (by completing a questionnaire) to determine if you are experiencing COVID-19 symptoms and should be tested.

PROTECT YOURSELF AND OTHERS!

- Practice social distancing – keep 6 ft. apart from everyone as much as possible.
- Stay home when you are sick.
- Wash your hands with soap and water for at least 20 seconds, before eating, and after blowing your nose, coughing, or sneezing.
- Use a hand sanitizer with at least 70% alcohol if soap and water are unavailable.
- Disinfect frequently touched objects and surfaces using a regular household cleaning product.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your elbow (not your hands).
- Wear a surgical mask or cloth facemask whenever you are outside of your home and around others. Wearing a facemask will protect you from passing the virus on to others.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact, like kissing and sharing cups or utensils.
- Avoid all non-essential travel.

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5. Where can I go to have my testing done, how much does it cost, and what are the requirements?
For a complete listing of testing locations, cost and requirements, please see insert.

6. How will I get my results after having my test done?
Within 3-7 days, the provider will contact you at the phone number you provided. If they are unable to reach you by phone, a letter will be mailed to your home address. Be aware that some results are still taking 7-10 days to be returned.

7. What should I do while I'm waiting for my COVID-19 results?
- Self-quarantine until symptoms are better and you are fever-free for 3 days without medication.
- If you develop new symptoms or your symptoms get worse, please call your doctor or:
  - Call Lutheran Health Network's free 24-Hour Information Line at **(260) 435-5050**. A healthcare professional can help determine next steps.
  - Visit **parkview.com/covid19screening** for detailed self-triage information or call **1-877-PPG-TODAY (1-877-774-8632)** for a free phone screening (by completing a questionnaire).
  - Parkview hospital should only be visited for emergencies, when your symptoms are severe, such as difficulty breathing, pressure or pain in your chest, bluish lips or face, or if you feel confused or are hard to wake.
- Visit **lutheranhealth.net/urgent-care** to schedule a telehealth visit with an experienced healthcare provider. Telehealth visits are $49, or they can be submitted to insurance. Additional charges may apply if future testing is needed.
- Visit **https://physiciansimmediatecare.com/clinic/warsaw/** to schedule a telehealth follow-up visit. Telehealth visits are $85.
- Call 911 if you have emergency warning signs, such as difficulty breathing, pressure or pain in your chest, bluish lips or face, if you feel confused or are hard to wake, or other serious symptoms. Tell dispatch personnel that you may have COVID-19. If possible, wear on a facemask before coming into contact with the first responders that will arrive at your home.

8. What should I do if I am diagnosed with COVID-19?
A. Stay home, except to get medical care.
- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
  - If you develop any of the symptoms *(see symptoms listed under Question 3)*, stay home until it has been at least 10 days since your symptoms first appeared, at least 24 hours without a fever (including no use of fever-reducing medications), and there has been an improvement in your symptoms.
  - The minimum number of days you must be isolated is 10 days, but isolation could last up to 20 days for patients with severe to critical illness or for immunocompromised patients.
- Re-testing is no longer recommended to determine when to discontinue home isolation, except in certain circumstances.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing or have any other emergency warning signs, or if you think it is an emergency.
- Avoid public transportation, ride-sharing, Ubers or taxis.

B. Separate yourself from other people. As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

C. Monitor your symptoms *(see symptoms listed under Question 3)*.
- Follow care instructions from your healthcare provider and local health department.

D. Be sure to tell all of your close contacts that they need to be in quarantine for 14 days after their last contact with you. Close contacts include all household members, any intimate contact, and all individuals who were within 6 feet of you for more than 15 minutes, starting 48 hours before your symptoms began until your isolation period ends. In addition, anyone who had contact with your body fluids and/or secretions (such as via coughing, sneezing, sharing utensils or saliva, or providing care to you without wearing protective equipment) needs to be in quarantine.

9. What should I do if I am diagnosed with COVID-19 but had no symptoms?
If you continue to have no symptoms, you can be with others after:
- 10 days have passed since you were tested. Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19.
- If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

If you develop symptoms after testing positive, follow the guidance above for "What should I do if I am diagnosed with COVID-19?" (see Question 8).

10. What should I do if I have been exposed to a person who has been diagnosed with COVID-19?
- Stay home until 14 days after your last exposure.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19, such as older adults and those with compromised immune systems or underlying medical conditions.
- If you are an essential worker and have been exposed to a positive COVID-19 individual, you can return to work if you have no symptoms, are masked, continue to monitor for symptoms, and social distance as it permits.

11. I tested positive for COVID-19 and followed recommendations for care. How can I get a note that says I can go back to work?
Please call the Communicable Disease Department at the Kosciusko County Health Department. Call 574-372-3717 for Teresa Reed, the Communicable Disease nurse, or call 574-372-3509 for Rosie Gonzalez if Spanish assistance is needed. They can provide you or your employer with a note, including the dates you were in quarantine/isolation.

12. I have a reusable cloth mask. How often should I wash it, and how should I wash it?
Cloth masks should be washed every day with detergent in the hottest water the material can take. It should then be rinsed in hot water and hung to air dry. We recommend everyone have at least 2 cloth masks, so one will be available for use while one is drying.

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