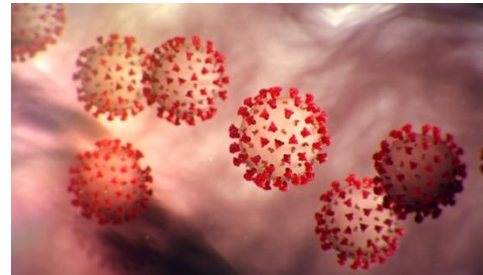


## COVID-19

### Symptoms of COVID-19

Symptoms of COVID-19 typically appear 4 to 5 days post-infection, although some individuals may experience symptoms up to 2 weeks later. These symptoms include fever exceeding 100.4°F, dry cough, muscle aches, sore throat, loss of taste or smell, shortness of breath, and difficulty breathing. If you experience shortness of breath or difficulty breathing after visiting a surgery center, seek immediate medical attention at the nearest emergency room. For other symptoms, contact your Doctor Edges Wellness Physician.



### Protective Measures:

- To limit virus spread, practice "social distancing," avoiding contact with sick individuals and non-household members.
- Minimize outings and gatherings, staying home whenever possible. Maintain at least 6 feet (about 2 meters) distance from others when venturing out for essentials.
- Wash hands frequently with soap and water, ensuring thorough handwashing for at least 20 seconds. Dry hands with a disposable paper towel.
- Utilize hand sanitizing gel if handwashing facilities are unavailable.
- Refrain from touching your face, particularly mouth, nose, and eyes.
- Avoid unnecessary travel, especially in crowded areas like airports, to reduce exposure risk.

### Coping with Stress and Anxiety:

Manage COVID-19-related stress and anxiety by:

Engaging in regular exercise and consuming nutritious meals. Practicing deep breathing, stretching, or meditation exercises. Make sure you are maintaining communication with friends and family members.

### Test Results

#### Negative Test Results:

1. Manage symptoms at home: rest, stay hydrated, and use over-the-counter medications as needed.
2. Prevent spreading the illness: practice good hygiene, avoid sharing items, and cough into your sleeve.
3. Stay home from work, school, and other activities until:
  - Symptoms improve AND
  - Fever-free for at least 24 hours.
4. Consider consulting your Doctor Edges provider for an alternative diagnosis.
5. Contact your provider if symptoms worsen.
6. Seek emergency care if experiencing shortness of breath or other severe symptoms.

Positive Test Results or COVID-19 Symptoms:

1. Stay home except for medical care. The decision to end home isolation will be determined by health authorities and your provider based on:

- No fever for at least 24 hours without fever-reducing medication AND
- Improved symptoms AND
- At least 5 days since symptoms first appeared.

3. High-risk individuals should discuss isolation guidelines with their healthcare provider based on:

- Days since symptoms first appeared AND
- No fever for at least 24 hours without fever-reducing medication AND
- Improved symptoms.

**Self-care Guidelines if Tested Positive**

**Stay at Home:**

- Avoid leaving your home except for medical care. Do not go to work, school, or public areas, and avoid public transportation.
- Rest, stay hydrated, and use over-the-counter medicine as directed.
- Monitor symptoms and seek prompt medical attention if they worsen. Notify healthcare providers of COVID-19 status before seeking care. Wear a facemask in healthcare facilities and during emergencies.

**Keep Distance:**

- Stay in a specific room away from others in your home as much as possible. Use a separate bathroom if available.
- Maintain at least 6 feet of distance when around people. Household members and immediate contacts should limit public activities for 10-14 days after exposure and monitor for symptoms.

**Wear a Facemask:** Wear a facemask when around others or pets, and before entering a healthcare provider's office.

- If unable to wear a facemask, avoid sharing a room, or ensure others wear masks when in your presence. Facemasks are not recommended for children under 2 years of age.

**Hand Hygiene:** Wash hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer. Cover all hand surfaces and avoid touching eyes, nose, and mouth with unwashed hands.

**Cover Coughs and Sneezes:** Use a tissue to cover your mouth and nose when coughing or sneezing. Dispose of used tissues immediately and wash hands afterward.

**Avoid Sharing Personal Items:** Refrain from sharing dishes, utensils, towels, or bedding with others. Clean shared items thoroughly with soap and water or in a dishwasher.

**Disinfect High-Touch Surfaces:** Clean countertops, doorknobs, phones, and other high-touch surfaces daily. Use household cleaners or disinfectants following label instructions for safe and effective use, including wearing gloves and ensuring good ventilation.