CORONAVIRUS DISEASE 2019 (COVID-19) PATIENT INFORMATION

We're All in this Together

Chatham County Housing Authority is always here for our community, and especially during this challenging time. We know feeling sick can be extremely scary during this time, and If privilege, we will do everything within our powers to make sure you have the resources and knowledge to get you the best possible care.

You will receive resources to where you can get tested for the COVID-19 virus around your local community whether you have insurance or not. In the meantime, here is some important information that you can do inside your home and around your community to help protect you and your love ones throughout this pandemic.

When to Get Tested

- ♥ Having Symptoms of COVID-19
- ♥ Have been in close contact with someone who has COVID-19
- ♥ Are higher risk due to age, other health conditions, or work environment
- ♥ Have recently attended any gatherings, especially ones where COVID-19 safety guidance was not followed.

Testing Availability

Chatham Hospital Emergency Department 24/7 919-742-5641
Chatham County Health Department 919-742-5641
Health Department www.DOINeedACovid19Test.com

What If I Test Positive

If you test positive and/ or develop symptoms of COVID-19, you need to remain home until the following criteria are met:

- ♥ At least 10 days from the start of symptoms (or date of test if you don't have symptoms).
- ♥ AND 24 hours after your fever is completely gone (a low-grade temperature of 99.6 and higher).
- ♥ AND Your symptoms are better.

What If Test Negative

If you have symptoms, you should stay home until you feel better and follow the advice of your health care provider. You should consider being tested again if your symptoms persist/ worsen. If you were tested due to recent close contact to someone with COVID-19, you must still complete the 14 days of quarantine, even if you test negative. If you develop symptoms during the remainder of the 14-day time, you should self- isolate and be tested again. A negative test result DOES NOT MEAN you won't test positive in the future. It is very important that you continue to practice the 3 W's, monitor your symptoms, and get tested again if needed. When in doubt call your doctor!!

Mental Health Support

Mental health is an important part of your overall well-being. If you're feeling down or anxious and need someone to talk to, please call Atrium Health's 24/7 Behavioral Health Help Line at 704-444-2400, to speak to a licensed professional.
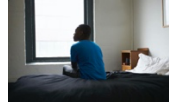
Need Help?

- ♥ If you have questions: If you have immediate questions, please contact your healthcare provider.
- ♥ If your symptoms get worse: Contact your virtual care team provided by the agency where you got tested. If needed, you'll immediately be referred to a nurse or another healthcare provider for follow-up care or be admitted to the hospital for more advance treatment.
- ♥ If you have life-threatening emergency: Call 911 immediately.

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What to Do at Home

Until you know your test results, there are steps you need to take to protect your loved ones and community.

Here are some guidelines you and the people you live with should follow to prevent the spread of germs and support your recovery:

Stay home except to get medical care. If you need in-person medical care, call ahead to make sure your doctor's office knows you're coming and can take precautions to keep you and others safe.	**Wash your hand often.** Wash with soap and warm water for at least 20 seconds or use a hand sanitizer with at least 60 % alcohol.	**Separate yourself from other people and animals at home.** This is called self-isolation.	**Wear a face mask, if available.** If you have a face mask that covers your nose and mouth, wear it when you're in the same room as other people. Never assume someone else's status.

Avoid sharing household items like dishes, cups, utensils, towels, and bedding. After using these items, you should wash them thoroughly with soap and water.	**Cover your coughs and sneezes.** Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze. Throw used tissues away and immediately wash your hands for at least 20 seconds.	**Clean "high-touch" surfaces often.** These include things like doorknobs, phones, keyboards, remote controls, light switches, thermostats, and bedside tables.	**Avoid touching your face.** Don't touch your mouth, nose, or eyes, especially with unwashed hands.

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Limit the number of people you have contact with.
If possible, have only one caregiver and avoid having unnecessary visitors at your home.