



COVID-19 MANAGEMENT GUIDE



No COVID Symptoms

- Wash your hands with soap and water
- Use hand sanitizer with at least 60% alcohol

Positive for COVID-19

- Call or text anyone you have met recently to tell them that you have COVID-19.

- Informing them makes them aware of the symptoms and to self-isolate



6 ft(1.8m)

- If you had symptoms, and they were closer than 6 feet to you for 15 minutes or longer, they have had a high risk exposure and should be tested the virus .

- Also contact anyone you met in the 2 days before the symptoms occurred.

Medicine To Treat Symptoms(CDC):

- Your doctor may prescribe antibiotics or other approved medications.

• Fever, Headache, body aches:

Tylenol, Advil, Motrin

• Sore Throat:

Tylenol, cough drops, chloraseptic spray

• Wet Cough:

Robitussin, Mucinex

COVID-19 Hotline (850)-815-4940

Symptoms:

- Cough

- Fever or chills

- Difficulty breathing or fatigue

- Sore or itchy throat

EMERGENCY SYMPTOMS-Get Help Immediately(Call 911 First):

- Trouble Breathing

- Pain or pressure in chest

- Bluish lips or face

- Inability to stay awake

You can leave home isolation if you meet ALL of these criteria:

- Not had fever for at least 3 days
- Respiratory conditions(cough, shortness of breath) have improved
- 10 days have passed since your symptoms first appeared.

South Florida Geriatric
Workplace
Enhancement(GWEP)

