

Covid-19 Basic Care and Decision Making (updated June 28, 2023)		
<b>If you are Covid positive</b>		<b>HIGH RISK PEOPLE</b>
<p><b>Isolate</b> from other family members for at least 5 full days (10 days if you are immunocompromised or very sick). The day you first started feeling sick or had your first positive test (whichever came first) is day zero.  <b>Contact your health care provider ASAP</b> to check if covid treatments are recommended to reduce your risk of severe illness. If you start feeling very sick or unstable (see below) at any time, call 911 or go to the ER  <b>You can leave isolation</b> on day 6 if you are feeling better. Continue to mask around others for 5 more days. If you are not feeling better on day 6 continue isolation and call your care provider  <b>Best practice</b> is to do home test on day 6 even if feeling better and if positive, continue isolation then test again every 1-2 days until negative or isolate for a 10 full days.</p>		<p><b>50+ years old, especially if over 65</b>  <b>Chronic disease:</b> (chronic heart lung, kidney or liver disease, diabetes, mental illness, obesity)  <b>Low Immunity</b> (Cancer, HIV/AIDS, on transplant medications or long-term medical steroid use)  <b>Being unvaccinated, pregnant, physically or developmentally disabled, a smoker or long-term care resident.</b></p>
<p><b>NOT SICK and NO EXPOSURE RISK</b></p>	<p>No Fever, cough, sore throat or headache  No loss of taste or smell  No hard time breathing  No nausea, vomiting or diarrhea  No fatigue, achiness or feeling very tired  No exposure to someone with COVID-19  No high risk activities like attending gatherings, crowded events or travel</p>	<p>Avoid close contact with people who are sick  Consider wearing a mask in crowded or poorly ventilated spaces or around high-risk people  Wash or sanitize hands frequently and avoid touching your mouth and nose  Clean &amp; disinfect frequently touched objects &amp; surfaces  Eat healthy foods, stay active and get enough sleep  Do a home covid test before attending gatherings with high-risk persons (see above)  <b>Get VACCINATED/BOOSTED as soon as eligible</b>  <b>Work with your care provider and family to take control of your chronic illnesses</b></p>
<p><b>NOT SICK but HAVE EXPOSURE RISK</b></p>	<p><b>None of the symptoms above but</b>  <b>+ Close Contact with person who has COVID-19 or</b>  <b>+ Recent trans-pacific travel or</b>  <b>+Attended a gathering or crowded event without masks or social distancing</b></p>	<p>Self monitor for any covid-like symptoms for 14 days after the exposure/travel  Socially distance and wear a mask around others at home for 10 days  <b>Quarantine away from HIGH RISK PEOPLE (see above) in your home</b>  Do a home covid test on days 1, 3 and 5 after your exposure event, gathering or travel  If you start to have any symptoms, see below  If you test positive, contact your care provider and isolate per instructions above  <b>Get VACCINATED/BOOSTED as soon as eligible</b></p>
<p><b>Feeling sick with Mild to moderate Covid-like symptoms with or without a high-risk exposure</b></p>	<p><b>+ One or more of the symptoms above or otherwise feeling sick, but symptoms are not severe</b></p>	<p>Isolate at home in separate room and use separate bathroom if possible  Socially distance and wear a mask around others at home  Get a PCR test or do a home covid test. If home test is negative, continue isolating and retest again after 48 hours. If a single PCR test or 2 home tests at least 48 hours apart are negative then you probably do not have covid and can leave isolation when feeling better.  If you were exposed to someone with covid, flu, RSV or strep throat, contact your care provider even if you covid test is negative to see if other test or treatments recommended  If getting worse or if not getting better after few days, contact your health care provider  If you test positive, contact your care provider and isolate per instructions above  <b>If you test positive and are at high risk (see above) ask your health care provider about treatment options that may reduce the severity of your symptoms and risk of death</b>  <b>Get VACCINATED/BOOSTED as soon as eligible</b></p>
<p><b>Very SICK &amp; UNSTABLE</b></p>	<p><b>One or more symptoms above that are severe, especially if hard time breathing, weakness, pain, frequent vomiting or diarrhea, or hard time thinking clearly</b></p>	<p><b>SEEK MEDICAL CARE IMMEDIATELY</b>  <b>Call 911 or go to the nearest Emergency Room (ER)</b>  <b>Tell the 911 operator if you have been exposed to COVID-19 or if you have had a positive Covid test</b></p>

