



**VA**



**U.S. Department of Veterans Affairs**  
Veterans Health Administration

## What if I have Coronavirus (COVID-19) but don't have to be in the hospital?

- Stay at home, away from work and other public places.



- If you are infected with COVID-19 and have symptoms, you may end home isolation after ALL of the following conditions are met:
  - 3 days or more have passed with no fever without using fever-reducing medicines
  - No respiratory symptoms (e.g., cough, shortness of breath)
  - 7 days or more have passed since your symptoms first appeared
- Drink plenty of water and get rest



- Cover your cough and sneezes with a tissue and throw it out. Wash your hands after coughing or sneezing. Avoid touching your eyes, nose, and mouth with unwashed hands.



- Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60% to 95% alcohol.



- Stay in a specific room or be separated from other people in your home as much as possible. Use a separate bedroom and bathroom, if possible.



- Wear a facemask if you need to be around other people inside or outside your home.
- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.



- Clean all “high-touch” surfaces every day. These include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Follow the instructions on the label of cleaning products and wipes to be safe and effective.



- Monitor your symptoms carefully. If you are getting sicker, call your VA primary care provider or your county health department. You may also call [VA VISN 8 Clinical Contact Center at 1-877-741-3400](tel:1-877-741-3400).



- Some of the **emergency** warning signs for COVID-19 are trouble breathing, persistent chest pain or pressure, new or increased confusion, bluish lips or face. Call 911 if you are having a medical emergency and notify the 911 dispatch that you may have to be evaluated for COVID-19.

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*Approved by Hospital Veteran/Family Health Education Committee 2020 #25*