

COVID-19 Guide for Patients Being Monitored at Home

Call 911 if:	Call Clinic/Doctor or Nurse Practitioner who is monitoring you if:
<ul style="list-style-type: none"> • You have severe trouble breathing or sever chest pain • You are very confused or not thinking clearly. • You pass out (lose consciousness) 	<ul style="list-style-type: none"> • You have new or worse trouble breathing. • Your symptoms are getting worse. • You start getting better and then you get worse. • You have severe dehydration such as: <ul style="list-style-type: none"> ○ Having a very dry mouth ○ Passing only a little urine ○ Feeling very light-headed

Monitoring your illness:

Your doctor or family practice team will monitor you regularly (frequency of check-ins will depend on your risk or severity of COVID), but you will need to help by marking your calendar with the first sign of illness and tracking your symptoms over time. Please record your symptoms daily (including if they are better or worse) and your **pulse oximeter readings**, temperature (if possible) , pulse and breathing rate to discuss with your health care provider when they call you. See the information sheet on “**Pulse Oximetry- Patient Instructions for Use**” for information on how to use this simple device.

General Advice While you are Ill with COVID-19

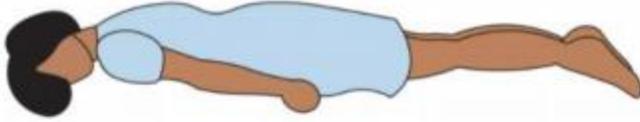
COVID-19 is often a much longer recovery than a ‘virus’. Day 5-10 after symptoms start is often the most worrisome for respiratory complications, especially if you are older, have underly conditions like high blood pressure, obesity or diabetes. Typical symptoms are cough, fever, fatigue but you may also have breathlessness, muscle aches, sore throat, headache, loss of sense of smell/taste.

Helpful tips:

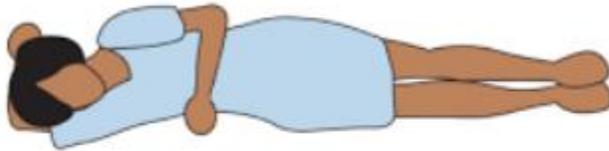
- **Rest-** fatigue can be a marker for low oxygen levels. Do not do activities that trigger your heart or breathing rate to go up too much. If you have the pulse oximeter measure your oxygen levels after different activities to you know the level of activity that is OK for you
- **Change positions** – change positions frequently to help move secretions and reduce the work of breathing. (*see images below)
- **Hydrate-** prevent dehydration but drinking more fluids than you usually would. If you are not drinking enough your urine will get darker.
- **Self -isolation and contacts** – follow public health guidance on isolating and following up with your close contacts (see already translated documents)
- **Seeking medical attention** – Do not hesitate to seek medical attention if you feel that your condition is worsening!

*Change position every 30 minutes to 2 hours. Sitting up is better than lying on your back. Do not spend a lot of time lying flat on your back.

1. 30 minutes – 2 hours: laying on your belly



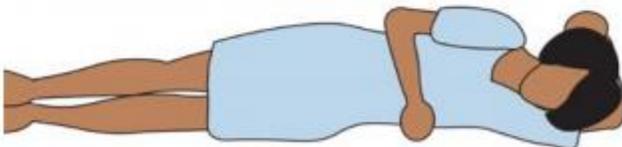
2. 30 minutes – 2 hours: laying on your right side



3. 30 minutes – 2 hours: sitting up



4. 30 minutes – 2 hours: laying on your left side



Then back to Position 1. Lying on your belly!



Adapted from:
Self Positioning Guide_Elmhurst Hospital_SB