

Coronavirus  
**COVID-19**

# INSTRUCTIONS

## For Tested Healthcare Workers & First Responders

### What should you do about work while you wait for test results?

- Please inform your supervisor at work that you have been tested for COVID-19 and note the date of testing.
- If you are experiencing symptoms: Notify your supervisor and stay home.
- If you are not experiencing symptoms: Request guidance from your supervisor on any potential work and patient care restrictions until you know your test results.
- Avoid using public transportation, ride-sharing, or taxis when commuting.

### What should you do to protect yourself while you wait for test results?

- Wash your hands often with soap and water for at least 20 seconds. Clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Cover coughs and sneezes.
- If available, wear a facemask if you are sick.

### Monitor any symptoms:

- Note the day any new symptoms begin.
- Check your own temperature two times a day.
- Keep a daily record of fever, cough, and additional respiratory symptoms.
- Seek further evaluation from a healthcare provider via telemedicine or an in-person if your symptoms get worse. **Call ahead before visiting your doctor** and tell them you have been tested for COVID-19.
- Even if you don’t experience symptoms, you might make others sick.

### Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19 or other medical emergencies:

- Extremely difficult breathing
- Bluish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficult to wake up
- Slurred speech (new or worsening)
- New seizure or seizures that won’t stop

\*This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

For medical emergencies, **call 911** & notify the dispatch personnel that you may have **COVID-19**.

For more information, visit: [coronavirus.illinois.gov](https://coronavirus.illinois.gov)

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## TEST RESULTS

### For Healthcare Workers & First Responders

#### If you test **positive** for COVID-19, keep your entire household home.

- Most cases can be cared for at home.
  - Do not go to the hospital to seek care unless you have a medical emergency
- Do not go to work. Notify your employer of your positive test result.
- Continue to monitor your symptoms at home as described on the opposite side.
- Seek medical attention if you develop ANY of the following:
  - ◇ Extreme difficulty breathing
  - ◇ Bluish lips or face
  - ◇ Constant pain or pressure in the chest
  - ◇ Severe constant dizziness or lightheadedness
  - ◇ Difficult to wake up
  - ◇ Slurred speech (new or worsening)
  - ◇ New seizures or seizures that won't stop

#### What should you expect?

- Most people experience minor symptoms such as fever and cough.
- Over-the-counter medications that lesson symptoms of fever and cough may help. It is important to get rest and drink plenty of fluids.
- There is currently no vaccine or medication to treat or prevent COVID-19.

#### When does home isolation end?

- If you test **positive** for COVID-19, **stay home** and limit contact with others until:
  - You have been fever-free for at least 3 days without using medicine that reduces fevers**AND**
  - Your other symptoms have improved **AND**
  - At least **7 days** have passed since your symptoms first appeared
- You will need to consult your employer prior to returning to work.

#### If you test **negative** for COVID-19

- You are probably not infected at this time. However, you could have been exposed and test positive later.  
You must continue to practice all the protective measures to keep yourself and others negative.
- As long as the virus that causes COVID-19 is spreading in your community, continue to follow recommendations to protect yourself, including:
  - practice social distancing, wash your hands often, avoid touching your face, and avoid social gatherings according to local guidance.
- Follow guidance from your healthcare provider and your state and local health departments

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