

Experiencing Symptoms, Steps to Guide You

Your choices protect both yourself and the entire community.

Over 80% of COVID-19 infections are mild, may not need a health care visit or lab test, and do not require hospitalization. A phone evaluation and self-isolation can suffice in most cases.



Mild Symptoms

- Fever **under** 100.4° F
- Cough
- Fatigue (tired, exhausted)
- Sore throat

What do I do:

- Self-isolate*
- Take temperature twice a day
- Drink plenty of fluids
- Rest

You can also:

- Do online screening at: bryanhealth.org/ezVisit



Moderate Symptoms

- Fever **over** 100.4° F
- Constant cough
- Significant fatigue (tired, exhausted)

What do I do:

- Self-isolate for 14 days*
- Take temperature twice a day
- Drink plenty of fluids
- Rest
- Call your doctor
- Call the Bryan Health COVID-19 Hotline: 402-481-0500
- Do online screening at: bryanhealth.org/ezVisit
- Seek care at Bryan Urgent Care with designated area for upper respiratory illness



Severe Symptoms

- Continued fever **over** 100.4° F
- Painful breathing
- Shortness of breath
- Chest congestion
- Severe harsh cough

What do I do:

Seek professional evaluation

- Call your doctor
- Call the Bryan Health COVID-19 Hotline: 402-481-0500
- Seek care at Bryan Urgent Care with designated area for upper respiratory illness

Your doctor may order:

- Influenza (flu) testing
- Respiratory testing

NOTE: State Health Department determines COVID-19 testing



Self-Isolation

If you have symptoms, you need to self-isolate



> Stay home

- Do not leave home except to seek urgent medical care
- If you need to seek care, call ahead before you go to your doctor's office, urgent care or emergency department



> Separate yourself from other people/pets in your home

- Stay in a specific room and away from other people
- Use separate bathroom



> Avoid sharing personal household items

- Do not share dishes, drinking glasses, utensils, towels or bedding
- Wash items thoroughly with soap and water



> Clean your hands often

- Wash hands with soap and water for at least 20 seconds
- If soap and water are unavailable, use hand sanitizer with at least 60% alcohol



> Cover your cough and sneezes



YOU CAN END SELF-ISOLATION AFTER:

- At least 3 days (72 hours) with no fever without use of fever-reducing medications **and** improvement in respiratory symptoms (cough, shortness of breath) **and**
- At least 7 days have passed since symptoms first appeared

For more information, go to [cdc.gov](https://www.cdc.gov)