

Managing COVID -19 at Home

In response to the Novel (New) Coronavirus (COVID – 19) Greater Portland Health, as with other Maine Health Providers, is taking necessary precautions to make sure our patients and staff are safe.

Using information from the CDC (Centers for Disease Control and Prevention) below we've provided basic instructions to protect yourself and others if you have possible or confirmed COVID-19:

1. Stay home from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
3. Get rest and stay hydrated.
4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.
5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
6. Cover your cough and sneezes.
7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding

Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions

Self-Quarantine & COVID – 19

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Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
 - **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
1. **Stay home:** You are able to isolate yourself in your own home. Avoid public areas and public transportation
 2. **Separate yourself from other people and animals in your home:** Stay away from others as much as possible. Limit your physical contact with any pets.
 3. **Call ahead before visiting your doctor:** Call your healthcare provider and tell them you have COVID-19. Make sure to wear a facemask and cover your coughs and sneezes to prevent others from getting sick.
 4. **Clean your hands:** Consistently wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
 5. **Avoid sharing household items:** Do not share any dishes, cups, towels, or bedding you have used. Make sure to thoroughly wash and clean all surfaces in your home that you come in contact with. Use a household cleaning spray or wipe, according to the label instructions.
 6. **Monitor your symptoms:** Take your temperature regularly and monitor any coughing or shortness of breath. If conditions get worse, seek medical attention.
 7. **Stay at home until instructed to leave:** Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low.