



[Date]

[Patient Name:]

This letter provides a written record that you were tested for COVID-19. Your result was **positive**. This means you have COVID-19 (coronavirus).

How can I protect others?

If you have symptoms, **stay home and away from others** (self-isolate) until:

- You've had **no fever**—and no medicine that reduces fever—for 1 full day (24 hours). *And...*
- Your other symptoms have gotten better. For example, your cough or breathing has improved. *And...*
- At least 10 days have passed since your symptoms started. (If you've been told by a doctor that you have a weak immune system, wait 20 days.)

If you don't have symptoms: Stay home and away from others (self-isolate) until at least 10 days have passed since your first positive COVID-19 test. If you have a weak immune system, please self-isolate for 20 days.

During this time:

- Stay in your own room, including for meals. Use your own bathroom if you can.
- Stay away from others in your home. No hugging, kissing or shaking hands. No visitors.
- Don't go to work, school or anywhere else.
- Clean "high touch" surfaces often (doorknobs, counters, handles, etc.). Use a household cleaning spray or wipes. You'll find a full list on the EPA website at www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.
- Cover your mouth and nose with a mask or other face covering to avoid spreading germs.
- Wash your hands and face often with soap and water.
- Caregivers in these groups are at risk for severe illness due to COVID-19:
 - People 65 years and older
 - People who live in a nursing home or long-term care facility
 - People with chronic disease (lung, heart, cancer, diabetes, kidney, liver, immunologic)
 - People who have a weakened immune system, including those who:
 - Are in cancer treatment
 - Take medicine that weakens the immune system, such as corticosteroids
 - Had a bone marrow or organ transplant
 - Have an immune deficiency
 - Have poorly controlled HIV or AIDS
 - Are obese (body mass index of 40 or higher)
 - Smoke regularly





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- Caregivers should wear gloves while washing dishes, handling laundry and cleaning bedrooms and bathrooms.
- Wash and dry laundry with special caution. Don't shake dirty laundry, and use the warmest water setting you can.
- If you have a weakened immune system, ask your doctor about other actions you should take.
- For more tips, go to www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf.

You should not go back to work until you meet the guidelines above for ending your home isolation. You don't need to be retested for COVID-19 before going back to work—studies show that you won't spread the virus if it's been at least 10 days since your symptoms started (or 20 days, if you have a weak immune system).

Employers: This document serves as formal notice of your employee's medical guidelines for going back to work. They must meet the above guidelines before going back to work in person.

How can I take care of myself?

1. **Get lots of rest. Drink extra fluids** (unless a doctor has told you not to).
2. **Take Tylenol (acetaminophen) for fever or pain.** If you have liver or kidney problems, ask your family doctor if it's okay to take Tylenol.

Take either:

- 650 mg (two 325 mg pills) every 4 to 6 hours, *or*...
- 1,000 mg (two 500 mg pills) every 8 hours as needed.
- **Note:** Don't take more than 3,000 mg in one day. Acetaminophen is found in many medicines (both prescribed and over-the-counter medicines). Read all labels to be sure you don't take too much.

For children, check the Tylenol bottle for the right dose (based on their age or weight).

3. **If you have other health problems (like cancer, heart failure, an organ transplant or severe kidney disease):** Call your specialty clinic if you don't feel better in the next 2 days.
4. **Know when to call 911:** Emergency warning signs include:
 - Trouble breathing or shortness of breath
 - Pain or pressure in the chest that doesn't go away
 - Feeling confused like you haven't felt before, or not being able to wake up
 - Bluish-colored lips or face





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- 5. Sign up for GetWell Loop.** We know it's scary to hear that you have COVID-19. We want to track your symptoms to make sure you're okay over the next 2 weeks. Please look for an email from GetWell Loop—this is a free, online program that we'll use to keep in touch. To sign up, follow the link in the email. Learn more at www.fvfiles.com/525054.pdf.

Where can I get more information?

- M Health Fairview: www.mhealthfairview.org/covid19/
- Coronavirus Basics: www.health.state.mn.us/diseases/coronavirus/basics.html
- What to Do If You're Sick: www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html
- Ending Home Isolation: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html
- Caring for Someone with COVID-19: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html
- University of Minnesota clinical trials (COVID-19 research studies): clinicalaffairs.umn.edu/umn-clinical-trials

