

COVID-19 Patient Education



Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call **816-923-5800** before you come to clinic or with any new concerns. Be sure to get care if you feel worse or you think it is an emergency.
- **Stay away from others:** As much as possible, you should stay in a room separate from other people in your home. If that is not possible, stay 6 feet away from other people.
- **Drink plenty of fluid:** Make sure you are drinking at least 8-10 glasses of water daily
- **Symptom management:** If okay with your provider, you may take Tylenol or ibuprofen as directed on bottle for fevers and body aches



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a doctor's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Avoid visitors.



Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Avoid touching your face:** Avoid touching your eyes, nose, and mouth with unwashed hands
- **Immediately wash hands:** Wash your hands with soap and water for at least 20 seconds immediately after sneezing or coughing. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; before eating or preparing food; if your hands are visibly soiled
- **Hand sanitizer:** If soap and water are not 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 sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

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Clean all “high-touch” surfaces everyday including phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.



Monitor your symptoms

- **Seek medical attention:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
- **Call before going in:**
 - If you have an Emergency, call the ER for further advice- see the following page for list of local ER phone numbers
 - If you feel your symptoms are mildly worsening or if you have questions/concerns, please call Swope Health at **816-599-5800**



We recommend that everybody stay home and keep away from others as much as possible, especially if you have symptoms of COVID-19. If you have symptoms of COVID-19, we recommend strict isolation until:

- You have had no fever for at least 72 hours (3 full days with no fever without taking medicines that lower fever)
AND
- Other symptoms have Improved (for example, cough or shortness of breath are better)
AND
It has been at least 7 days since your symptoms started

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.
Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

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Kansas City Area Hospitals with Emergency Departments

Hospital	Phone Number
Belton Regional	816-348-1200
Centerpointe	816-698-7000
Children's Mercy	816-234-3000
Children's Mercy Kansas	913-696-8000
ER of Brookside	816-276-7380
KU	913-588-6500
Liberty Hospital	816-792-7000
North Kansas City Hospital	816-691-2098
Olathe Medical Center	913-791-4200
Overland Park Regional Med Ctr.	913-541-5000
Providence Medical Center	913-596-4000
Research Medical Center	816-276-4000
Shawnee Mission (Advent Health)	913-676-2000
St. Joseph's	816-942-4400
St. Luke's Plaza	816-932-2000
St. Luke's East	816-347-5000
St. Luke's North	816-891-6000
St. Luke's South	816-317-7000
Truman Medical Center	816-404-2273 Specific number for COVID-19 notification before arrival
Truman Medical Center Lakewood	816-404-7000
Kansas City VA Medical Center	816-861-4700