

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Clean your hands

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, you should wash them thoroughly with soap and water.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., shortness of breath or difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office keep other people from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>.

Discontinuing home isolation

Patients confirmed to have COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments. Current information on COVID-19 is limited; home precautions are conservative and based on general recommendations for other coronaviruses, like Middle Eastern Respiratory Syndrome (MERS).



Getting the Right Care at the Right Time



PRIMARY CARE

Your primary care provider is your first point of contact, who:

- Knows your health history and understands you and your needs
- Coordinates your overall care and stays updated on any changes in your health
- Provides sick care during office hours including the flu, fever, severe sore throat or cough
- Manages chronic diseases such as diabetes, hypertension, COPD and asthma
- Provides ongoing routine preventive care, screenings and physicals
- Treats sports injuries, strains and sprains

Call your primary care office directly*.

**AtlantiCare Primary Care Plus includes an After Hours Advice Line. This is staffed by Registered Nurses who can assess your symptoms and offer advice on treatment options. To speak with an After Hours Call Nurse, call your primary care office directly and select the prompt for the provider on call.*



URGENT CARE

When you need to see a provider right away, get great care fast:

- For non-life-threatening illnesses and injuries, including:
 - Minor broken bones and cuts
 - Skin rashes, eye irritation, urinary tract infections and other minor conditions
 - Back pain
- Without an appointment
- For all the non-life-threatening treatment you need

Get help by calling 609-407-CARE (2273) or locating the urgent care center closest to you at www.atlanticare.org/urgent.



E-VISITS

Receive care 24/7 using your computer, tablet or smartphone:

- Consult with a board-certified provider — no appointment needed
- Get a diagnosis, treatment advice and/or prescriptions for:
 - Coughs and colds, earaches, bronchitis, sinus infections and flu symptoms
 - Chronic conditions such as asthma and seasonal allergies
 - Minor trauma, burns and rashes
 - Urinary tract infections and yeast infections

Access e-Visits at www.atlanticare.org/myevisits.



EMERGENCY ROOM CARE

When you have a life-threatening health problem, seek care immediately:

- For severe chest pain or difficulty breathing
- For serious injuries such as head trauma or compound fractures
- For signs of a heart attack or stroke
- For deep cuts and heavy, uncontrollable bleeding
- For convulsions or seizures
- For all other major illnesses or injuries

Go to the closest ER or call 911.

For wait times at AtlantiCare's three emergency rooms, text ER to 79455.

AtlantiCare

Update March 13, 2020

At this time, AtlantiCare is not testing patients in a widespread manner for coronavirus. We are following New Jersey Department of Health surveillance and testing criteria.

This includes only testing patients who have had close contact with a person who was diagnosed as having COVID-19 and those who are ill enough to be hospitalized and for whom other sources of respiratory illness have been ruled out.

Testing patients with mild disease will not change treatment. However, if symptoms worsen, it is important to call your provider.