Coronavirus (COVID-19)

If you are feeling well and have not been exposed to a COVID-19 patient....

- Take preventative measures by washing hands frequently, avoiding close contact with other people and covering your coughs and sneezes with a tissue.
- Don't hoard supplies. If you have all the soap, your neighbor can't refill theirs...and they might spread their germs to you.
- Check on friends and neighbors, especially those who are older or who have chronic health problems. Offer to pick up groceries or supplies so they can avoid exposure.

If you are feeling sick....

- **<u>Please Stay home.</u>** If you have a fever above 100.4 degrees and are coughing or have difficulty breathing call your doctor.
- Call your doctor if you have been exposed to a COVID-19 patient, or if your symptoms worsen. If you do not have a regular doctor, please call the Arizona Poison Control at 1-844-545-8201 to speak about information regarding testing, isolation, quarantine and patient guidance. Information about COVID-19 is available from the Centers for Disease Control (CDC) and the Arizona Department of Health Services.
- Stay away from others
- Avoid public transportation
- Seek medical attention, but call first: Local hospitals are becoming overwhelmed, calling ahead first is key. Using 9-1-1 only when there is a true medical emergency. Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).

The mission of the Heber-Overgaard Fire District is to serve the people and
to protect lives and property by providing fire, rescue, and emergency medical services.

2061 LUMBER VALLEY RD, OVERGAARD, ARIZONA 85933

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Rev 7-19

If you have been exposed to a COVID-19 patient....

- Do Not Call 9-1-1…Call your doctor for medical guidance. If you do not have a regular doctor, please call the Arizona Poison Control at 1-844-545-8201 to speak about information regarding testing, isolation, quarantine and patient guidance. Information about COVID-19 is available from the Centers for Disease Control (CDC) and the Arizona Department of Health Services.
- Symptoms may appear 2-14 days after exposure. If you have been exposed to a COVID-19 patient, it is recommended that your self-isolate for 14 days following your exposure.

If you have been asked by a doctor to self-isolate....

- Listen to them! Follow their guidance even if you don't feel very sick. You may help save the life of a high-risk individual by keeping your germs to yourself.

If you traveled to China or other areas currently affected by COVID-19 and feel sick with fever, cough, or difficulty breathing, you should:
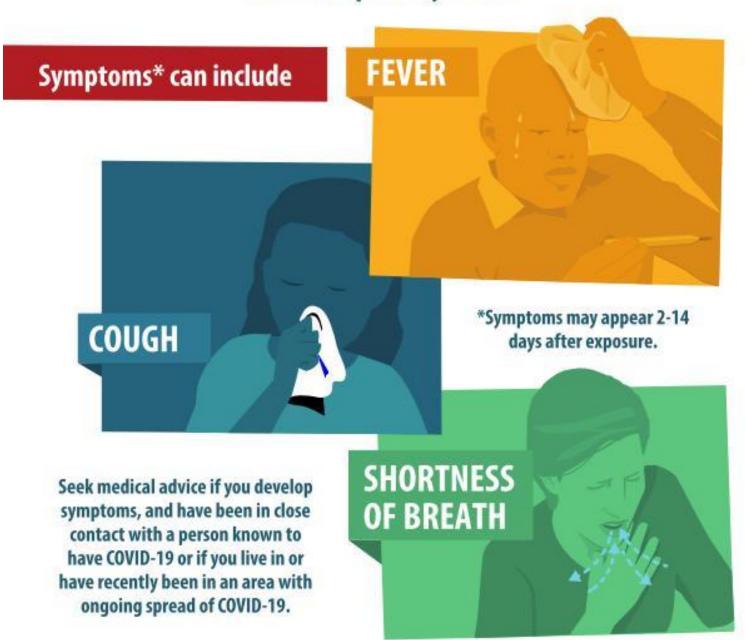
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at least 60% alcohol, immediately after coughing, sneezing or blowing your nose.
- If you need to seek medical care, before going to your doctor's office, call ahead and tell them about your recent travel and your symptoms.
- Discuss travel to China with your healthcare provider. Older adults and travelers with chronic medical conditions may be at risk for more severe disease.

24-Hour Nurse Line Numbers by Health Plan

Health Plan	Nurse Line Number
Arizona Complete Health (ACC & RBHA)	1-866-534-5963
Banner (ACC & LTC)	1-888-747-7990
Care1st	1-800-746-3163
Magellan	1-800-424-5891
Mercy Care (ACC & LTC)	1-800-624-3879
Mercy Care (RBHA)	1-800-564-5465
UnitedHealthcare (ACC & LTC)	1-877-440-0255
Health Choice Arizona (ACC & RBHA)	1-855-458-0622
CMDP	1-800-201-1795
DDD AIHP	1-844-770-9500

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

COUGH

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

CDC

cdc.gov/COVID19

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

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.

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