



OUTPATIENT INSTRUCTIONS FOR POTENTIAL COVID-19 PATIENTS

You have signs and symptoms of a viral respiratory illness. Based on your symptoms, history, and risk factors, you are being evaluated for COVID-19, which is an illness due to the new coronavirus. Your healthcare provider has determined you can safely be cared for at home. You will be contacted by representatives from the healthcare facility who performed your testing and/or the South Carolina Department of Health and Environmental Control (DHEC) regarding your test results. Until you are told otherwise, you are instructed to self-isolate following the instructions below.

- **Stay home except to get medical care:** To prevent the spread of illness, restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-shares such as Uber or Lyft, 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. If it is necessary to be in the same room, you each should wear a facemask. You should also use a separate bathroom, if available. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water. Avoid having visitors in the home.
- **Restrict your contact with pets and other animals:** Have another member of your household care for your animals while you are sick, when possible. Avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.
- **Call ahead before visiting your doctor:** If you must go to your doctor's office or another healthcare facility, call ahead to the office or facility and tell them that you are being evaluated for COVID-19. This will help the office take steps to keep other people from getting infected or exposed.
- **Wear a facemask:** You should always wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare facility.
- **Clean your hands often:** 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 60 to 95% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **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, then immediately wash your hands.
- **Clean all "high-touch" surfaces everyday:** High-touch surfaces include things like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, and follow the instructions on its label, including appropriate protective items such as gloves to wear while using it.



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- **Wash laundry thoroughly:** Follow directions on labels of laundry or clothing items and detergent. In general, use a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- **Monitor your symptoms:** Seek prompt medical attention if your illness is worsening. Before seeking care, call your healthcare provider and tell them that you are being evaluated for COVID-19. Put on a facemask before you enter the facility and follow other instructions from the facility. If you have a medical emergency and need to call 911, tell the dispatch personnel that you are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Follow the prevention steps above until DHEC or your healthcare provider says you can return to your normal activities.

If you have questions, please call your healthcare provider or the DHEC CareLine at 1-855-472-3432. DHEC staff are answering calls from 8 a.m. to 6 p.m. every day.