

INFORMATION FOR SUSPECTED COVID-19 PATIENTS WHO ARE NOT HOSPITALIZED:



Stay home

Do not leave your home, except to get medical care, until your healthcare provider says it is OK.



Separate yourself from other people in your home. Stay in a different room from other people in your home and use a separate bathroom, if possible. Wear a facemask if unavoidable.



Call your doctor first before visiting their office so they can prepare for your visit.



Cough and sneeze into your elbow or tissue to prevent spreading germs to others.



Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available.



Don't touch your eyes, nose, and mouth with unwashed hands.



Avoid sharing household items like dishes, glasses, cups, utensils, towels, bedding, or other items. Wash them thoroughly with soap and warm water.



Monitor illness

If illness gets worse (trouble breathing, pain in chest), get medical care right away. Call your doctor and tell them that you have, or might have, COVID-19 infection.



You can obtain a copy of the test results in your myUAB Patient Portal account. If you do not have a portal account, you may create one by going to www.uabmedicine.org/me and following the instructions to create a portal account.



You will be called within 24 hours ONLY if your COVID-19 test is positive. Please answer your phones, even numbers that you do not recognize during this time period.

These recommendations should be followed until at least 72 hours have passed since recovery (fever free without the use of fever-reducing medications and improvement in respiratory symptoms like cough) and at least 7 days have passed since symptoms first appeared.