

Bluegrass Care Clinic Fact Sheet for those being tested for COVID-19

- If you are waiting for your test results for COVID, or have tested positive, do not be afraid to ask for help from others while at home in meeting your medication and other basic needs. It is important during this time to have support for getting groceries, prescriptions and other personal needs.
- If you have tested positive for COVID and get sicker when at home, be sure to call your healthcare provider. Be sure to tell them that you are COVID-19 positive. If you call 9-1-1 tell the dispatcher that you are COVID-19 positive.
- At home, be sure to stay in a separate room with the door closed. You also need to use a separate bathroom, if available. Other people living in the house as well as visitors should stay away from you.
- You should wear a mask around other people. Other people who interact with you should wear a mask when in the same room.
- You should not touch or care for pets. The virus can get on the animal's fur. It can then be spread to others in the house.
- Do not share any items in the house with others. This includes dishes, drinking glasses, cups, eating utensils, towels, bedding, keyboards/tablets, etc.
- Clean your hands often. Wash hands with soap and water for at least 20 seconds. If soap and water are not available, you can use an alcohol-based hand sanitizer. The hand sanitizer needs to be a least 60% alcohol. Be sure to cover all surfaces of your hands.
- Avoid touching your eyes, nose, and mouth if you have not washed your hands.
- You should stay out of shared areas. These areas include living room, kitchen, etc. You must wear a mask if they enter these areas.
- If others are in contact with your bodily fluids, they need to wear a mask and gloves. This includes, blood, stool, saliva, sputum, nasal mucus, vomit, or urine.
- Clean all "high-touch" surfaces every day. High touch surfaces include the following:
 - Phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- These surfaces can be cleaned using most common EPA household disinfectants. If appropriate for the surface, you can also make a bleach solution by mixing five Tablespoons of bleach per gallon of water or four teaspoons of bleach per quart of water.
- All used disposable gloves, masks and other contaminated items need to be placed in a lined container. These items can then be disposed with other household waste.
- If you have any questions, contact your state or local health department or health care provider.

See the handout "Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities" for additional detailed instructions.