

TCT Patients: Taking Care of Yourself During Your COVID-19 Illness

How long do I have to stay in isolation?

Most persons with COVID-19 illness can discontinue isolation and precautions...

- 10 days after their symptom(s) started **AND**
- they have not had a fever for at least 24 hours **without** using fever-reducing medications (such as acetaminophen/Tylenol®) **AND**
- their other symptoms (cough, shortness of breath) have improved

Please follow current CDC guidelines for isolation: [When You Can be Around Others After You Had or Likely Had COVID-19: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html)

Isolation precautions for any visits to **Roswell Park** will be in place for 20 days after the first date of diagnosis. The day of diagnosis is day "0." If you are scheduled for a visit at Roswell during isolation, arrangements will be made for you to be escorted from your vehicle to clinic.

How do I quarantine at home?

- Do not leave the house except for essential medical appointments (Notify Providers of your COVID-19 positive result prior to arrival)
- Separate yourself from other household members and pets, if safe to do so
- Remain in a separate bedroom, away from other household members. When leaving bedroom, always wash your hands and wear a mask.
- Separate bathroom, if possible, or disinfect thoroughly after each use
- Do not share anything (bedding, towels, dishes, or other personal items) with other household members
- Caregivers and anyone else that has come in contact with you, surrounding your COVID positive diagnosis, should stay home

What is home surveillance?

The TCT Center will call you every other day to check on your symptoms. Phone calls will continue for 2 weeks from date you are diagnosed with COVID-19. We will assess:

- shortness of breath and whether you have a cough
- your vital signs: Temperature, heart rate, blood pressure, and oxygen saturation both at rest and when you are up and walking
- your ability to stand and walk around without feeling dizzy or lightheaded
- your ability to eat and drink and to take medications

- fatigue level and your level of Independence when performing activities of daily living

Treatment

How do I treat symptoms if I'm at home?

- Take pain relievers as directed
- Take cough suppressant as directed
- Rest: Rest throughout the day but get out of bed at least every 2 hours during the day and walk around
- Fluids: Increase fluids to avoid dry lips and mouth

What is monoclonal antibody treatment?

- Monoclonal antibody treatment is an infusion that can help your immune system recognize the virus and respond to it more effectively. The TCT providers will assess your eligibility for this treatment when you are diagnosed with COVID-19.
- Please notify TCT Center as soon as you receive your COVID-19 positive result as the window of opportunity for this treatment is limited. Eligibility for this treatment includes:
 - a confirmed COVID-19 diagnosis **AND**
 - symptoms that began less than 10 days earlier

Please note: The appointment for this infusion takes at least 3 hours. This provides time to receive the pre-medications, the infusion, and to be monitored after the infusion.

When to call TCT Center

716-845-1444

- Fever of 100.4°F/38°C
- Pulse oximeter readings are declining or feeling short of breath
- You can't take medications, or stay hydrated

Based on your symptoms and ability to arrive safely, we may ask to you to come in to the TCT Center.

When to call 9-1-1

- Bluish lips or face
- Severe or constant pain or pressure in the chest
- Extreme difficulty breathing (gasping for air, being unable to talk without catching your breath, wheezing, nostrils flaring)
- New disorientation
- Unconscious or very difficult to wake up
- Slurred speech or difficulty speaking
- New or worsening seizures
- Signs of low blood pressure (too weak to stand, feeling cold, clammy skin)
- Dehydration (not urinating, sunken eyes)

After calling 911, when able to do so, please notify the TCT Center. TCT Center will assist in communicating with the Emergency Department where you are being taken.