WHAT TO DO IF YOU ARE SICK OR POSSIBLY EXPOSED TO COVID-19

I'm feeling sick. What should I do?

If you have a cough, fever, or difficulty breathing...

Isolate yourself at home and call your regular health care provider. They will ask about your symptoms, your recent travel history, and determine if you need to be tested. The Health Department does not test for COVID-19.

If your symptoms are too severe* (trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face) or you feel like you need medical care, call before you go to a doctor's office, urgent care, or emergency room.

If you have a medical emergency, call 911 and tell the dispatcher about your symptoms.

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Iowa County
Health Department

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What do I do if I think I have been exposed to COVID-19?

If you may have had close contact with a person with COVID-19 but are not sick...

Stay at home and monitor yourself for fever, cough, and shortness of breath for 14 days after your last contact with the sick person. Take extra actions to protect yourself and others by practicing good hygiene and social distancing. The health department will contact you if you have been identified as a close contact of a COVID-19 positive case.

If you have had close contact with a person with confirmed COVID-19 and are sick...

If you are sick with fever, cough, and shortness of breath, stay at home and isolate yourself, even if your symptoms are mild. Most people have mild symptoms and are able to recover at home.

If you are at higher risk, older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes, have a weakened immune system, or are pregnant, call your health care provider.

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What to do if someone in your home is sick with symptoms of COVID-19?

The patient should be isolated at home in their own room and should have access to their own bathroom, if available. Food and other necessary items should be let outside the door for the patient to pick up. Household members should be separated from the patient as much as possible. Avoid handling pets while sick. Avoid sharing household items (cups, utensils, towels, etc.) with the patient.

The caregiver should avoid touching eyes, nose, and mouth, and wash hands thoroughly and frequently. Use gloves to handle soiled laundry. Clean and disinfect surfaces regularly. Monitor the patients symptoms and contact a health care provider if symptoms worsen.

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