COVID-19 FAQ'S FOR CAREAPARENT CLIENTS AND CAREGIVERS

What are the symptoms of COVID-19?

Fever (temperature higher than 100.3°F)
Cough (usually a dry cough)
Shortness of breath
Note: Some individuals experience fatigue and body aches similar to influenza

I have symptoms of COVID-19. What should I do?

Contact your primary care physician. Most clinics and hospital systems are asking that individuals who have symptoms of COVID-19 contact the physician, clinic or hospital BEFORE coming in. This gives the health system a chance to talk to you about your symptoms and action they may want you take. It also gives them the chance to prepare for admitting you to the clinic and avoid potential exposure to health care workers or other patients.
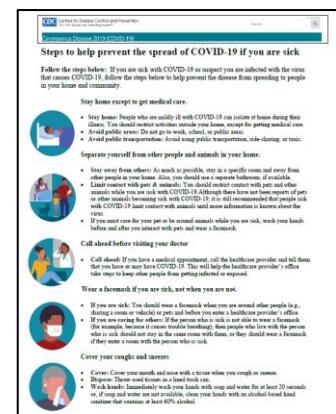
What should Veterans do?

Any Veteran with symptoms such as fever, cough or shortness of breath should immediately contact their local VA facility. VA urges Veterans to call before visiting – you can find contact information for your closest VA facility.

Alternatively, Veterans can sign into MyHealthVet to send a secure message to VA or use telehealth options to explain their condition and receive a prompt diagnosis.

CareAparent employees should also contact the office immediately. You will also be provided with information about how to self-quarantine.

I might have been exposed to COVID-19. What should I do?

If you are asymptomatic (not showing any symptoms), do not panic. Exposure does not mean you have been infected. Pay close attention to your symptoms. If you can answer "yes" to all of the above questions, contact your physician or clinic.   You can also download the CDC Prevention and Self-Quarantine Tip Sheet from our website.

Is there someplace I can call if I have other questions?

Yes. You can call the Minnesota Department of Health hotline at 651-201-3920 or 1-800-657-3903 from 7 a.m. to 7 p.m. You can also call CareAparent at 651-702-HOME(4663).