



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?

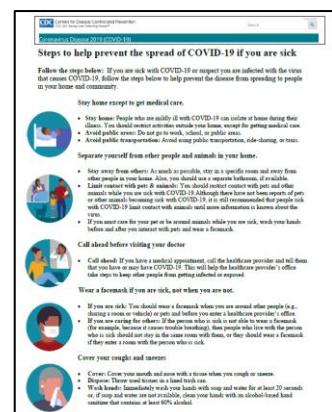
Any Veteran with symptoms such as fever, cough or shortness of breath should immediately contact their local VA facility. VA urges Veterans to call before visiting – you can find contact information for your closest VA facility.

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.



The document is a CDC tip sheet titled "Prevention and Self-Quarantine". It includes sections on "Follow the steps below", "Stay home except to get medical care", "Call ahead", "Wear a face mask if you are sick, and when you are not", and "Cover your cough and sneeze". Each section contains specific instructions and icons illustrating the steps.

Follow the steps below: If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care.

- Stay home. People who are sick with COVID-19 can传infect others during their illness and for up to 2 days before they feel sick. Avoid public areas. Do not go to work, school, or a public area.
- Avoid public transportation. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home.

- Stay away from others. As much as possible, stay at a specific room and errant from other people in your home. If you must be around others, wear a cloth face mask.
- Limit contact with pets & animals. You should restrict contact with pets and other animals because some animals have tested positive for COVID-19. For example, in one instance, a pet dog in Connecticut tested positive for COVID-19. It is still recommended that people sick with COVID-19 avoid being around animals, including pets, as they can spread the virus.
- Please take care for your pet as you would normally while you are sick, wash your hands before and after you interact with your pet and wear a face mask.

Call ahead. If you have a medical appointment, call the healthcare provider and tell them you are sick with COVID-19. Your healthcare provider's office may take steps to keep other people from getting infected or exposed.

Wear a face mask if you are sick, and when you are not.

- If you are sick: You should wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not sick, you do not need to wear a face mask unless you are around other people (for example, because it causes trouble breathing). If you have trouble breathing, then people who live with the person should not wear a mask around them, or they should wear a face mask if they move a room with the person who is sick.

Cover your cough and sneeze.

- Cough: Cover your mouth and nose with a tissue when you cough or sneeze.
- Sneeze: If you do not have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash hands: Immediately wash your hands with soap and water for at least 20 seconds, if you had nose or mouth contact with a sick person.

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).