



10 Things You Can Do To Manage Your Health at Home If You Have Possible Or Confirmed COVID-19:

1. For 14 days, stay home from work, school, and away from other public places. Don't need? Don't go! If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
3. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
4. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
5. Regularly clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
6. Sneeze or cough into a tissue or the inside of your elbow. Don't touch your face.
7. Get rest and stay hydrated.
8. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19. They will instruct proper access.
9. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
10. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

For any additional questions about your care, check the CDC website at www.cdc.gov and the Utah Department of Health at www.health.utah.gov. *Social Media sources are not reliable.*

****Listen to and Follow the Directions of State and Local Authorities****



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Vehicle Triage Protocol

COVID- Hotline #801-776-7121

Due to your symptoms or possible exposure, thanks for allowing us to treat you in your vehicle 'exam room' at this Coronavirus time. Here is what we will be doing:

1. If you've just been sent back to your car by a greeter, please call the hotline to register for an appointment to be seen. You will receive a link to check-in for that appointment. Once completed, we will come out to your car to start your exam. (If directed here from a call you already made to the hotline, you've likely done this step).
2. Medical Assistant will assess your vitals and swab you for flu. We will also take a second swab in case it is needed for a COVID-19 test.
3. Depending on what we find, you will be directed to either remain for flu test results or be sent home to await a test results call.
4. If not sent home, Medical Assistant and/or Physician will return to your vehicle with results and instruction.
Typically, if:
 - A. Flu—Yes: Coronavirus is not likely and regular evaluation and treatment will occur.
 - B. Flu—No, and healthy oxygen level: We will likely advise you to return home with self-care instructions. See reverse side. We will submit sample to a certified lab for COVID-19 testing. COVID tests are not processed here. Currently, results take at least 7 days.
 - C. Flu—No, and concerning oxygen level: Provider will advise your next action. We will still submit sample for COVID-19 testing with results taking at least 7 days.



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