

# COVID-19 (Coronavirus)

## Experiencing Symptoms, Steps to Guide You

**Your choices protect both yourself and the entire community.**

Over 80% of COVID-19 infections are mild, may not need a health care visit or lab test, and do not require hospitalization. A phone evaluation and self-isolation can suffice in most cases.



### Mild Symptoms

- Fever under 100.4
- Fatigue (tired, exhausted)
- Sore throat

#### What do I do:

- Self-isolate \*
- Take temperature twice a day
- Drink plenty of fluids
- Rest

#### You can also:

- Do online screening at: [www.mhcs.us](http://www.mhcs.us)



### Moderate Symptoms

- Fever **over** 100.4
- Constant cough
- Significant fatigue (tired, exhausted)

#### What do I do:

- Self-isolate for 14 days \*
- Take temperature twice a day
- Drink plenty of fluids
- Rest
- Call your doctor
- Do online screening at: [www.mhcs.us](http://www.mhcs.us)
- Seek care at Seward, Milford or Utica Family Medical Center
- Call prior to arriving for care



### Severe Symptoms

- Continued fever over 100.4
- Painful breathing
- Shortness of breath
- Chest congestion
- Severe harsh cough

#### What do I do:

- Call your doctor
- Seek care at Seward, Milford or Utica Family Medical Center **or**
- Seek care at Memorial Hospital Emergency Services
- Call prior to arriving for care

#### Your doctor may order:

- Influenza (flu) testing
- Respiratory testing
- COVID-19 testing

\* See next page for self-isolation guidelines



**Memorial**  
Health Care Systems

**Memorial Hospital**  
300 North Columbia Ave.  
Seward, NE 68434  
Ph: 402-643-2971

**Seward Family Medical Center**  
250 North Columbia Ave.  
Seward, NE 68434  
Ph: 402-643-4800

**Milford Family Medical Center**  
119 South C Street  
Milford, NE 68405  
Ph: 402-761-3307

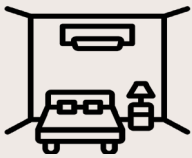
**Utica Family Medical Center**  
100 4th Street  
Utica, NE 68456  
Ph: 402-534-2081

## Self-Isolation

If you have symptoms, you need to self-isolate



- > **Stay home**
  - Do not leave home except to seek urgent medical care
  - If you need to seek care, call ahead before you go to your doctor's office, urgent care or emergency department



- > **Separate yourself from other people/pets in your home**
  - Stay in a specific room and away from other people
  - Use separate bathroom



- > **Avoid sharing personal household items**
  - Do not share dishes, drinking glasses, utensils, towels or bedding
  - Wash items thoroughly with soap and water



- > **Clean your hands often**
  - Wash hands with soap and water for at least 20 seconds
  - If soap and water are unavailable, use hand sanitizer with at least 60% alcohol



- > **Cover your cough and sneezes**
  - Use a tissue or cough/sneeze into arm
  - Wash hands promptly or use hand sanitizer



### YOU CAN END SELF-ISOLATION AFTER:

- At least 10 days have passed since symptoms first appeared **and**
- At Least 3 days (72 hours) with no fever without use of fever-reducing medications and improvement in respiratory symptoms (cough, shortness of breath)

For more information, go to [cdc.gov](https://www.cdc.gov)



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