

Managing COVID-19 At Home Action Plan

Elara Caring Office Phone# _____

This is a zone tool with guidance on actions you can take if you have a confirmed COVID-19 diagnosis, or a suspected/presumptive COVID-19 diagnosis. Review this action plan daily to determine what “zone” you are in, what action to take, and when to call Elara Caring

Every Day	<ul style="list-style-type: none"> • Stay Home, Isolated from others within your home. <ul style="list-style-type: none"> ○ Separate yourself from other people and animals in your home ○ NO VISITORS ○ If you must visit your doctor, call ahead and let them know you are on the way • Wash your hands frequently. <ul style="list-style-type: none"> ○ Soap and water for at least 20 seconds or an alcohol-based hand sanitizer that is at least 60% alcohol. ○ Avoid touching your eyes, nose and mouth with unwashed hands • Cover your mouth and nose with a tissue when you cough or sneeze. Discard the tissue in a lined trash can. Wash your hands. • Wear a face mask when you are around other people and pets <ul style="list-style-type: none"> ○ Have anyone who must be near you wear a face mask as well. • Use a separate bathroom, if possible • Do not share personal household items such as: dishes, cups, eating utensils, towels, or bedding with people or pets. After using, wash these items thoroughly • Clean all “high touch” surfaces every day, such as: counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Use a household cleaning spray or wipe according to label instructions • Take your medications as prescribed • Rest • Monitor your symptoms • Discontinuation of Isolation- follow your physicians’ orders, but, the typical guidelines are below: <ul style="list-style-type: none"> ○ No fever for 3 days (3 full days of no fever without medicine) ○ Other symptoms have improved (cough and shortness of breath) ○ At least 10 days have passed since your symptoms have first appeared
Green Zone	<p>This is your goal. Keep up the good work!</p> <ul style="list-style-type: none"> • I have no fever. • I have no cough • I have no shortness of breath
Yellow Zone	<p>Take action today. Call Elara Caring today.</p> <ul style="list-style-type: none"> • I have questions about my illness • My symptoms are getting worse
Red Zone	<p>Take action NOW! Call Elara Caring NOW!</p> <ul style="list-style-type: none"> • I am having increased or new difficulty breathing. • Persistent pain or pressure in your chest • New confusion or inability to arouse • Bluish lips or face • My fever is uncontrolled with medication

Other Common Problems – Call Us First

This plan outlines other common problems and symptoms.

Our agency has nursing staff on duty 24 hours a day, including weekends and holidays.

Please Call Elara Caring If You Have:

Heart/Lung Problems

- A productive or frothy cough
- New congestion
- Increased shortness of breath
- Unexpected weight gain

Diabetic Problems

- Sudden weakness
- Uncontrollable thirst or hunger
- Sudden dizziness
- Increased urination
- Sweating spells
- Frequent headaches
- Itching
- Drowsiness
- Very high or low blood sugar levels

Too Much Blood Thinner

- Bleeding from nose, mouth, gums or rectum
- Bruising
- Leg pain
- Tarry stools

Signs of Infection

- Increased redness
- More or different drainage
- Wound area gets bigger
- Temperature of 100 degrees or more
- Change or new odor from wound

Urinary Problems

- Foul odor or urine
- Catheter not draining
- Back or flank pain
- Increased weakness
- Bloody, cloudy, or change in urine color
- Body aches

Other Problems

- No bowel movement in 3 days
- New skin problems
- Change in balance, coordination, and/or strength
- Fall with small or no injury
- Change in mental status

**Call Us First whenever you have concerns or have questions about your care.
Support is available 24/7.**

