



Covid-19 information for staff making outreach calls
Updated as of 3/19/2020

Stay home, New Jerseyans: What you need to know now about COVID-19

Who is most at risk for COVID-19?

- People who are at most risks for severe illness are people who are over 50 years old or who have other health conditions, including chronic lung disease, heart disease, diabetes, cancer or a weakened immune system.
- People with regular close contact with someone who has or could have COVID-19 are also at higher risk. This includes people who live in the same home, caretakers who work in the home or sexual partners.

What are the symptoms of COVID-19?

- Commonly reported symptoms include:
 - Fever (temperature over 100.4 degrees F or 38 degrees C)
 - Cough
 - Shortness of breath (difficulty breathing)
 - Sore throat
- If you have any of these symptoms, and they are not due to a preexisting health condition like asthma or emphysema, you may have COVID-19 and you must stay home.

Who should get tested for COVID-19?

- Testing should only be used for people who need to be hospitalized for a severe illness like pneumonia. This protects health care workers and may affect treatment options.
- At this point, if you have symptoms, assume that you have COVID-19. A positive test will not change what a doctor tells you to do to get better. The best course of action is to stay at home.
- If you are only mildly ill, you can save the lives of others by staying home to ensure health care resources go to those who need them the most. **Take care of others by staying home.**

What should I do if I get sick with COVID-19 symptoms?

- **If you have mild to moderate symptoms, stay home. You should not seek medical care or try to get tested.** By staying home, you reduce the possibility of transmission to others, including health care workers who are needed to care for the more seriously ill.

- If you are over 50 years old or have chronic conditions, consult your doctor. They may want to monitor you more closely.
- If your symptoms do not go away or get worse after three to four days, consult with your doctor.
- Stay home for at least seven days after your symptoms started. Make sure that you have been fever-free for three days without the use of fever-reducing drugs, such as Tylenol. **(Please note, that it has been advised for people with COVID-19 not to take NSAIDs (such as naproxen or ibuprofen).** Also, make sure that your cough and sore throat are better before you go back to your routine. If you never had a fever, stay at home for at least three days after your symptoms start improving.
- If you go out to see your doctor, wear a face mask if available. If possible, take a private car, sit in the back seat and roll down the window.
- If you have more severe symptoms, such as difficulty breathing and very high fever, go to an emergency department. Call **911** if you need help right away.

What should I do as a care team member before meeting with someone in person?

1. Ask about a recent exposure (in the hospital) or travel
2. Fever
3. Cough
4. Shortness of breath**

If they screen positive for 1. or 2. with any of the others. We should AVOID that face to face encounter.

** If our patients/consumers do have comorbid medical conditions and this is *new shortness of breath or a worsening from their usual baseline*, then this should prompt an EMS call.

For more information and support:

- Covid-19 questions:
- **Call 2-1-1** or call **1-800-962-1253**
- **Text NJCOVID to 898-211**
Text your zip code to 898-211 for live updates, support & resources
- Mental Health Services: The NJ Department of Human Services operates a toll-free “warm line” which is a resource for people seeking mental health service. The warm line is activated during events that impact the mental health of New Jersey residents. The warm line is 24/7; **(877)294-HELP (4357)**
- [Dashboard by County](#)

This information was pulled from the [NYC Dept of Health and Mental Hygiene](#).