

What to do if you have symptoms of coronavirus disease 2019 (COVID19) and have not been around anyone who has been diagnosed with COVID-19

If you have a fever, cough or shortness of breath but have not been around anyone you know has COVID19, follow the steps below to help prevent your infection from spreading to people in your home and community.

Could I have COVID-19?

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you have a fever, cough or shortness of breath but have not been around anyone who you know has COVID-19, the likelihood that you have COVID- 19 is fairly low. COVID-19 is circulating in some communities in Alabama but several other respiratory viruses are circulating in Alabama as well.

Should I go to my doctor and get tested for COVID-19?

If you have any of the conditions that may increase your risk for a serious viral infection—age 60 years or over, are pregnant, or have medical conditions—call your physician’s office and ask if you need to be evaluated in person. They may want monitor your health more closely or test you for COVID-19 or influenza.

If you do not have a high-risk condition and your symptoms are mild, you do not need to be evaluated in person and do not need to be tested for COVID-19. There are currently no medications to treat COVID-19.

What should I do to keep my infection from spreading to my family and other people in the community?

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home.

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have symptoms that are consistent with COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected or exposed.