COVID-19 | Protecting You and Your Loved Ones

Patient Education

If you are sick or think you've been exposed

Not everyone needs to be tested.

If your symptoms are mild, you should **stay home and self-isolate.**

If you're concerned that you've been exposed or have a question about COVID-19, you can call the COVID-19 Hotline.

North Carolina
COVID-19 Hotline: 866-462-3821
24 hours a day, seven days a week

Duke
COVID-19 Hotline: 919-385-0429
8:00 a.m. to 8:00 p.m., seven days a week

While in self-isolation

You can still connect with friends and family via computer and phone. However, **do not break quarantine until after 14 days have passed,** or 14 days after the last potential exposure.

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 public transportation, ride-sharing and taxis.

If you need medical attention

Call Ahead Before Seeking Care

- If your symptoms worsen (e.g., if you experience difficulty breathing) and you need to be seen by a provider, call ahead.
- You may get special instructions so your doctor's office or urgent care center can provide you care while protecting others.
- If you are told to go to a medical facility, wear a facemask if you have one.
- If you do not have a facemask, request one upon arrival.

Consider an Online Medical Visit

- Duke Health Anywhere is an online-only way to virtually connect with an on-call provider from any mobile device or computer with a webcam.
- Your virtual visit is secure and offers answers in about 10 minutes.
- Sign up: **DukeHealth.org/Anywhere**

For more information, visit DukeHealth.org

DukeHealth

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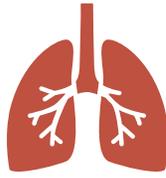
Symptoms of COVID-19 include:

Cough

100.4° +

Fever

Shortness of Breath

The virus usually spreads from close person-to-person contact through respiratory droplets from coughing and sneezing.

14 days

Symptoms may develop within 14 days of exposure to the illness.

If you need to call 911

If you have a medical emergency, let the dispatch know you have or are being evaluated for COVID-19.

If possible, wear a facemask before emergency medical service personnel arrive.

For more information, visit DukeHealth.org

For DUHS employees, contact Employee Health for instructions about returning to work. More information can be found on the DUHS Intranet.

Updated on March 24, 2020.

The best way to protect yourself

Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.

Avoid touching your eyes, nose or mouth with unwashed hands; immediately wash your hands or use an alcohol-based hand sanitizer.

Avoid close contact with people who are sick, sneezing or coughing.

Stay home when you are sick. Separate yourself from other people and animals in your home. As much as possible, stay in a specific room away from other people and animals in your home.

Clean and disinfect surfaces and objects people frequently touch.

Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.

DukeHealth