



# Beaufort Memorial HOSPITAL

## Patient Expectation & Directions after Specimen Collection

**You will be contacted with your test results by phone.**

For your safety and the safety of others, DHEC recommends that you self-quarantine for 14 days after your last exposure to a person with Coronavirus (COVID-19).

### For General Questions:

Health Department (DHEC) Care Line for Coronavirus Information:

- DHEC Care Line at **1-855-472-3432**, a triage nurse is also available via this phone number.
- Beaufort Memorial Hospital: **843-522-5200**, and you will be directed to our information line.

### Please see all documents in your packet for appropriate self-quarantine & home care instructions:

- What is the difference between isolation & quarantine? (DHEC)
- 10 Things you can do to manage your health at home (CDC)
- What to do if you are sick with coronavirus disease 2019 (CDC)

### If Further Concerns or Questions:

- Download [Beaufort Memorial Care Anywhere App](#) on any mobile device and connect with a provider using video 24/7.
- Contact your provider's office if you have concerns about your symptoms.
- Contact 911 for medical emergencies, such as respiratory distress.



Wash hands often



Stay home while you are sick; avoid others



Clean and disinfect frequently touched objects and surfaces

Thank you for choosing Beaufort Memorial.

# What is the difference between isolation and quarantine?

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a **contagious disease**.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

## ISOLATION

Isolation is for people who are already sick.



Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.



Isolation is a routine procedure in hospitals and healthcare facilities.



Isolation is usually voluntary, but in a public health emergency, officials have the authority to isolate people who are sick.

## QUARANTINE

Quarantine is for people who are not sick, but may have been exposed.



Quarantined people may or may not become sick.



Quarantined people may stay at home or another location so they don't spread disease to healthy people.



If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.



Quarantine can be voluntary, but in a public health emergency, officials have the authority to quarantine people who have been exposed to an infectious disease.

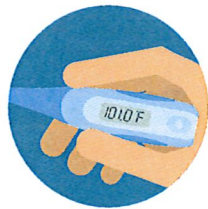
# 10 things you can do to manage your health at home

## If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Please go to [www.cdc.gov/covid19-symptoms](https://www.cdc.gov/covid19-symptoms) for information on COVID-19 symptoms.



For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and 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:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

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

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



## COVID-19

# Guidance for persons who have had close contact with a COVID-19 case

If you have had contact with someone who has 2019 novel coronavirus (COVID-19), you may have been exposed to COVID-19.

For your safety and the safety of others, DHEC recommends that for the 14 days after your last exposure to the person with COVID-19, you **practice social distancing** (avoiding others) and do the following:

## 1. Limit your contact with others

- Stay home and avoid contact with others.
  - Do not go to work or school during this 14-day period.
  - Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or ride-shares while practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theater) and limit your activities in public.
- Keep your distance from others (about 6 feet).



## 2. Monitor for symptoms and practice good hygiene

- Watch for fever, cough, or trouble breathing.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands often by washing them with soap and water for at least 20 seconds or by using an alcohol-based hand sanitizer.



## If you begin to feel ill with **fever, cough, or shortness of breath**:

- Immediately self-isolate and avoid contact with others.
- Seek medical care, if needed.
  - Call ahead before you go to a doctor's office or emergency room.
  - Tell the doctor/emergency room about your possible exposure to COVID-19 and your symptoms.
  - Avoid contact with others when you arrive.
  - The doctor/emergency room can call their DHEC Regional Public Health Epidemiology Office to discuss testing for COVID-19.

## Regional Public Health Offices

### LOWCOUNTRY

Allendale, Bamberg, Beaufort, Berkeley, Calhoun, Charleston, Colleton, Dorchester, Hampton, Jasper, Orangeburg

Office: (843) 441-1091

Nights/Weekends:

(843) 441-1091

### MIDLANDS

Aiken, Barnwell, Chester, Edgefield, Fairfield, Kershaw, Lancaster, Lexington, Newberry, Richland, Saluda, York

Office: (888) 801-1046

Nights/Weekends:

(888) 801-1046

### PEE DEE

Clarendon, Chesterfield, Darlington, Dillon, Florence, Georgetown, Horry, Lee, Marion, Marlboro, Sumter, Williamsburg

Office: (843) 915-8886

Nights/Weekends:

(843) 915-8845

### UPSTATE

Abbeville, Anderson, Cherokee, Greenville, Greenwood, Laurens, McCormick, Oconee, Pickens, Spartanburg, Union

Office: (864) 372-3133

Nights/Weekends:

(864) 423-6648