

# About Your EMS Call

You were evaluated by EMS personnel and determined to have symptoms consistent with a respiratory illness. You have reassuring vital signs and appear well today. A decision was made to not transport you by ambulance to the Emergency Department in an effort to prevent potential spread and possible further exposure of COVID-19. Our evaluation and determination to not transport are NOT considered to be a formal diagnosis of COVID-19, and our evaluation is not a substitute for formal medical evaluation by your healthcare provider. If appropriate, inform your doctor that EMS was called, and provide the information the EMS personnel recorded on this brochure.

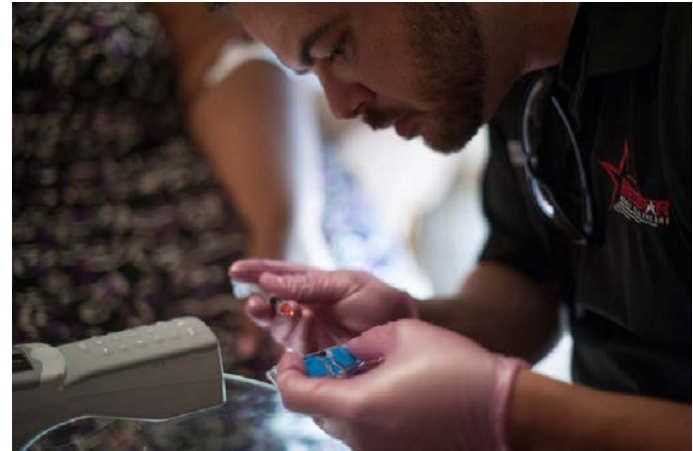
Please review the information in this brochure. You will find contact information at the bottom for any further questions.

Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_\_\_

EMS Agency: \_\_\_\_\_

Response #: \_\_\_\_\_

Potential COVID-19  
Related Illness



# Home Care Instructions

Potential COVID-19  
Related Illness

<b>EMS Assessment at the Time of Call:</b>		
RR: _____	HR: _____	BP: ___/___
Temp: _____	O2 SAT: _____	



If you have any questions or comments regarding this brochure contact MedStar at 817-923-3700 or info@medstar911.org

## Potential COVID-19 Related Illness

If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

### Instructions after your EMS call\*:

- **Stay home.** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation.** Avoid using public transportation, ride-sharing, or taxis.

If you develop **emergency warning signs** for COVID-19 get medical attention or call 9-1-1.

### Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

#### COVID-19 Evaluation & Testing Resources:

Baylor Health System: <https://my.bswhealth.com/>

Medical City Health: <https://medicalcityhealthcare.com/covid-19/>

Texas Health Resources: 682-236-7601

\*Adapted from CDC Guidance:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

### Actions You Should Take\*:

- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- **Call ahead:** If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.
- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands 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.
- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.
- **If needed, seek additional help by contacting your doctor or medical facility, or in an emergency, call 9-1-1.**

#### Additional Resources:

Tarrant County Public Health COVID-19 Hotline: 817-248-6299

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

