

## About Your EMS Call

MedStar is providing this brochure because we are concerned about your health and safety. Please review this guide for information and advice regarding your condition or injury.

The advice and instructions contained in this brochure are not a substitute for definitive and comprehensive treatment. When needed, we encourage you to seek additional help by contacting your doctor or medical facility, or in an emergency, calling 9-1-1.

If appropriate, inform your doctor that EMS was called, and provide the information the EMS personnel recorded on this brochure.

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

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

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

### EMS Assessment at the Time of Call:

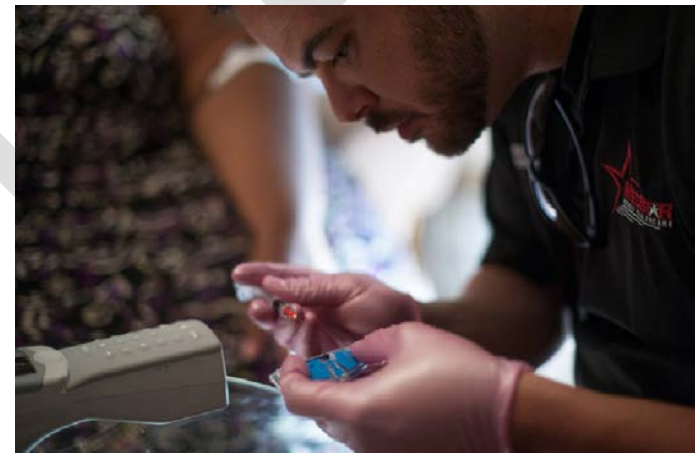
RR: \_\_\_\_\_ HR: \_\_\_\_\_ BP: \_\_\_/\_\_\_

Temp: \_\_\_\_\_ O2 SAT: \_\_\_\_\_



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

**COVID-19  
Related Illness**



## Managing Care After Injury or Illness

# COVID-19 Potential 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

This list is not all inclusive. Please consult your medical provider, or call 9-1-1 for any symptoms that are severe or concerning.

\*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:

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

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

Texas Health Resources: 682-236-7601

Tarrant County Public Health: 817-321-4700

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

