COVID-19 Care Recommendations

Feeling Unwell
You may have COVID-19 if you are experiencing mild cold or flu-like symptoms, intestinal distress, fatigue, muscle or body aches, difficulty breathing or new loss of taste or smell.

Care Protocol if you have Mild Systems
Stay home except for medical care. Avoid public transportation, ride-sharing, or taxis. Rest, stay hydrated, and take over-the-counter medicines (ex: acetaminophen). Track your symptoms and stay in contact with your doctor. Get tested for COVID-19 as soon as you are able.

Should I self-isolate or quarantine?
The NJ guidelines for isolating or quarantining are continually being updated. If you test positive for COVID-19 or have been exposed to someone who tested positive refer to the Isolation and Quarantine Calculator at https://covid19.nj.gov/pages/quarantine-calculator.

How do I boost my immunity against COVID-19?
The best protection is to get fully vaccinated, including a booster shot, per CDC guidelines. While it is possible to still get COVID-19, the risk of infection, hospitalization, and death have shown to be much lower compared to those not fully vaccinated. Reports show that being fully vaccinated provides better protection in comparison to having had COVID-19.

When to Get Help
Call 911 if you have trouble breathing and/or confusion, experience pain or pressure in the chest, are unable to stay awake, or have pale, gray, or blue-colored skin, lips, or nail beds. Seek help if you are experiencing any other symptoms that are severe or concerning to you.

Resource: NJ COVID-19 Information Hub, Centers for Disease Control and Prevention websites.
Information as of 1/21/2022. Visit cdc.gov for updates.

For more information, contact the Wellness Helpline:
609.822.1108 x121 • wellness@jfsatlantic.org

This is a confidential, safe and non-judgmental resource. If you need emergency care, contact your healthcare provider or call 911.