



Transcripts of COVID-19 Videos for Dairy Employees

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5- What should I do if I think I have COVID-19?

Are you experiencing some of the symptoms of COVID-19? Do you think you might be infected?

In this video, we will talk about what to do if you think you have COVID-19. If the symptoms you are experiencing match those of COVID-19, you may have COVID-19.

The first thing to do is to isolate yourself. Stay home and let your employer know what is going on.

If you live with others, isolate yourself in a room and let your housemates know that you may have COVID-19. Follow the recommendations in video # 3.

If your symptoms are mild, stay isolated and monitor your symptoms constantly. If your symptoms are more severe or if you have trouble breathing, seek medical help immediately.

Most states have a phone number you can call to request information about where to go if you need medical help. There they can guide you in terms of the options you have depending on where you live, your health insurance and other issues.

If you want to see your primary care physician, you should call his/her office before you go.

It is important that you monitor your symptoms while you are experiencing them. To go back to work, you need to no longer have fever without the use of fever-reducing medication and no or improved respiratory symptoms for at least 3 days, and at least 10 days after you first began experiencing symptoms.

5-¿Qué debo hacer si creo que tengo COVID-19?

¿Está experimentando algunos de los síntomas de COVID-19? ¿Cree que podría estar infectado?

En este video hablaremos sobre qué hacer si cree que tiene COVID-19

Si los síntomas que experimenta coinciden con los de COVID-19, es posible que tenga COVID-19.

Lo primero que debe hacer es aislarse. Quédese en casa y comuníquelo a su empleador o jefe lo que está sucediendo.

Si vive con más personas, aíslese en una habitación y hágale saber a sus compañeros de casa que puede estar enfermo de COVID-19. Siga las recomendaciones en el video # 3.

Si sus síntomas son leves, manténgase aislado y monitoree sus síntomas constantemente.

Si sus síntomas son más graves o si tiene problemas para respirar, busque ayuda médica de inmediato.

La mayoría de los estados tienen un número de teléfono al que puede llamar para solicitar información sobre dónde ir si es que necesita ayuda médica. Allí pueden guiarlo en términos de las opciones que tiene dependiendo de dónde viva, su seguro de salud y otros detalles.

Si desea ver a su proveedor de atención primaria, Ud. debe llamar a su oficina antes de ir.

Es importante que monitoree sus síntomas mientras los experimenta. Para volver al trabajo, Ud. debe estar sin fiebre sin el uso de medicamentos antifebriles y sin síntomas respiratorios o con mejora de sus síntomas respiratorias durante al menos 3 días, y además, deben pasar al menos 10 días desde de que experimentó por primera vez cualquier síntoma.

To contact an expert in your area, visit extension.msu.edu/experts or call 888-MSUE4MI (888-678-3464)

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References

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