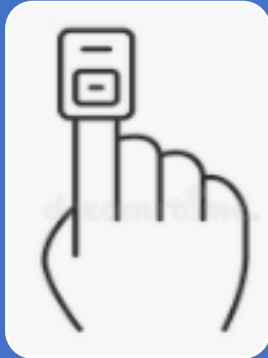


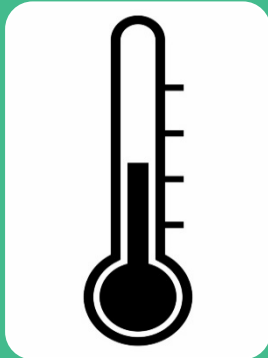
Home Monitoring for COVID-19 Exposure or Infection

If you are sick with confirmed COVID-19 or think you might have COVID-19, your transplant team may recommend for you to stay home and monitor symptoms. Here is what to do:



What to have at home

- A reliable thermometer
- A pulse oximeter (measure oxygen level)
- Home monitoring log
- Optional: automated blood pressure cuff
- If you do not already have these items, talk to your transplant coordinator. They may be able to send a prescription for these items to your local pharmacy for delivery or drive-through/curbside pick up. They can also be ordered online for delivery, or dropped off contact-free from a friend or relative.



What to watch for

- Check your temperature two times per day (morning and evening). A fever is defined as 100.4°F or higher.
- Monitor oxygen levels with your pulse oximeter
 - Call your coordinator/transplant team if 94% or less
 - You should head to the hospital if 92% or less, or if you are having trouble breathing (at any oxygen reading)
- Other symptoms may include headache, cough, wheezing, fatigue, body aches, loss of appetite, loss of taste or smell, nausea, vomiting or diarrhea, runny nose, stuffy nose, loss of taste or smell, or sore throat.



When to get emergency medical care*

- Difficulty breathing
- Bluish lips or face
- Persistent pain or pressure in your chest
- New confusion, or inability to stay awake
- Passing out, or nearly passing out
- High fever or uncontrollable shivering
- Oxygen level of 92% or lower
- Unable to keep down enough fluids to stay hydrated

* Let the 911 dispatcher or the receiving emergency facility know you have COVID-19 so first responders and healthcare providers may take precautions.

Want to read more? Visit the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention>