



IBJI Recommendations for Patients To Prevent COVID-19 Disease Transmission and Illness Updated 10/18/21

1. BE PROTECTED WITH COVID-19 VACCINATION

- We all need to complete initial COVID-19 vaccination and then maintain booster vaccination to best protect ourselves, our families and friends as well as our communities. Vaccination reduces transmission and illness. Several safe and effective COVID-19 vaccines are now available. If we are all vaccinated, we can all return to work, enjoy all recreational and social activities and keep businesses open and busy.

2. BE SAFE BY USING ALL COVID-19 SAFETY MEASURES

● FOR VACCINATED INDIVIDUALS

- **MASKING** - We all (vaccinated and unvaccinated) need to wear masks in public indoor spaces including indoor spaces like schools, retail spaces, restaurants and bars. For vaccinated individuals, using masks in outdoor spaces is no longer needed unless required by local rules or regulations.
- **HAND HYGIENE** - We all need to keep our hands clean in public spaces - washing with soap and water for 20 seconds or more after touching shared surfaces or objects.
- **SOCIAL DISTANCING** - For vaccinated individuals, maintaining spacing, avoiding touching, avoiding larger groups and longer conversations is no longer needed unless required by local rules or regulations. Crowded indoor spaces like restaurants, bars and gyms can be enjoyed but masking and distancing should be maintained when possible in tightly crowded spaces or spaces with poor ventilation.

● FOR UNVACCINATED INDIVIDUALS

- **MASKING** - For unvaccinated individuals, masks covering your nose and mouth should be worn at all times in public indoor spaces and in outdoor spaces when interacting with other individuals. For unvaccinated individuals, masking remains the most effective way to prevent COVID-19 transmission and illness.
- **HAND HYGIENE** - For unvaccinated individuals, wash your hands regularly and thoroughly with soap and water for 20 seconds or more, particularly following interactions with other individuals or after touching shared counters/objects. Hand sanitizers can also be used but are less effective than soap and water. Avoid touching your face – eyes, nose or mouth with your hands.
- **SOCIAL DISTANCING** - For unvaccinated individuals, remaining 6 feet or more apart, avoiding larger groups of more than 3 individuals, avoiding touching and conversations more than 15 minutes are all needed to prevent COVID-19 transmission and illness. Crowded indoor spaces like restaurants, bars and gyms in which masking and distancing are difficult to maintain should be avoided.

3. MONITOR AND REPORT IF NEEDED YOUR COVID-19 HEALTH STATUS

- We all (vaccinated and unvaccinated) need to self-monitor our COVID-19 health status - temperature, symptoms and exposures - during this pandemic.
 - **REGULAR TEMPERATURE CHECKS** - We all (vaccinated and unvaccinated) need to monitor our temperature, Developing a fever greater than 100.4 degrees (F) is a possible sign of COVID-19 illness. If you develop a fever you should avoid other individuals and contact your physician for assessment and possible testing and treatment.
 - **MONITOR SYMPTOMS** - All individuals (vaccinated and unvaccinated) that develop any COVID-19 symptoms - headache, fatigue, runny nose or sinus congestion, sore throat, dry cough, difficulty breathing or shortness of breath, loss of taste or smell,

nausea/vomiting/diarrhea – should self-isolate themselves at home away from family, friends and coworkers and contact your physician for instructions and possible treatment.

- **MONITOR COVID-19 EXPOSURES** - We all (vaccinated and unvaccinated) need to avoid direct contact with individuals who have a fever greater than 100.4 (F), COVID-19 symptoms or who have recently tested positive for COVID-19 as we all may be able to transmit the COVID-19 virus to others.
- In the event you are scheduled to see an IBJI provider and begin to experience any COVID-19 symptoms, please contact our scheduling team to reschedule your appointment

4. CLEAN SHARED SPACES and OBJECTS

- We all (vaccinated and unvaccinated) need to help protect everyone during the pandemic by regularly cleaning shared public surfaces and objects with soap and water or household disinfectant solutions.

5. TRAVEL SAFELY

- **Vaccinated**
 - For vaccinated individuals, most types of travel are safe. Check the CDC web site for the latest updates on recommended travel restrictions for vaccinated individuals.
- **Unvaccinated**
 - Unvaccinated travelers are at increased risk of transmitting and contracting COVID-19 illness with travel. Unvaccinated travelers should delay travel until fully vaccinated. Get vaccinated before traveling. If you must travel, follow all COVID-19 safety recommendations.

6. STAY INFORMED

- All individuals should stay informed during the pandemic. Check reliable and accurate websites to get updated with the latest information about COVID-19 to keep you safe and healthy. The CDC and IDPH as well as your local hospital all have up to date information available through their websites.
- Your physician is an excellent source of COVID-19 information to help you remain healthy during the pandemic. Discuss questions about how to avoid COVID-19 illness and seek and maintain COVID-19 vaccination with your physician.

7. STAY HEALTHY

- During this pandemic many things have happened other than COVID-19 to harm our health. We have often been isolated from friends, extended family and coworkers as well as unable to see our physicians and complete normal preventive tests. We have also been away from our gyms and sports. We enjoyed 'comfort foods' and added 'COVID-19 pounds'. All these factors have undermined our health.
- Get vaccinated so you can start seeing your extended family and friends again, start exercising regularly and get back to work in your normal workplace with coworkers. Start participating in exercise activities again and get back on a healthy diet to lose any weight you have added during the isolation. See your physician and get the tests and treatments you need to remain healthy and active

**This is what WE ALL MUST DO to take control during this public health crisis and
all return to work and play!**