

# TRURO TOWNSHIP FIRE DEPARTMENT

## Station 161

6900 East Main Street  
Reynoldsburg, OH 43068  
614-864-2445  
Fax: 614-866-6861



## Station 162

6305 East Livingston Avenue  
Reynoldsburg, OH 43068  
614-864-2445  
Fax: 614-729-1925

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### Information for Patients Not Transported by Emergency Medical Services

You were evaluated by paramedics and your symptoms were felt to be mild enough at this point that it is recommended you self-isolate or quarantine at home. Most people with respiratory infections like colds, the flu, and coronavirus disease (COVID-19) will have mild illness and can get better with appropriate home care. **Covid-19 testing will only be done with a physicians' order.**

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## TREATMENT AND MEDICAL CARE

### Treatment

There is no specific treatment for most viruses including those that cause the common cold and those that cause COVID-19. Several drug treatments for COVID-19 are currently being researched, though none so far have proven to be beneficial. Sometimes there is treatment for the viruses that cause influenza if given early. Antibiotics treat infections caused by bacteria, but they do not work against viruses.

Here are steps that you can take to help you get better:

- Rest
- Drink plenty of fluids
- Take over-the-counter cold and flu medications to reduce fever and pain. Follow the instructions on the package, unless your doctor gave you instructions. Note that these medicines do not “cure” the illness and therefore do not stop you from spreading germs.
- Children should not be given medication that contains aspirin (acetylsalicylic acid) because it can cause a rare but serious illness called Reye’s syndrome. Medicines *without* aspirin include acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®). Children younger than age 2 should not be given any over-the-counter cold medications without first **speaking** with a doctor.

### Seeking Medical Care – Immediate / Emergency

It is recommended that you seek medical care or call 911 right away for serious symptoms such as:

- Difficulty breathing, shortness of breath
- Can’t keep fluids down
- Dehydration
- Confusion
- Other serious symptoms

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## Seeking Medical Care – General

You should seek medical care if you are not getting better within a week, or if your symptoms get worse.

It is best to call ahead of time to discuss your symptoms, if possible. This may allow you to receive the advice you need by phone. By avoiding a visit to a healthcare facility, you protect yourself from getting a new infection and protect others from catching an infection from you.

## PROTECTING OTHERS

- Stay home when you are sick- do not go to work, school, or public areas.
- Stay home for at least 72 hours after your symptoms have gone away without the use of fever-reducing medicines.

If you must leave home while you are sick, try to avoid using public transportation, ride-shares, and taxis. **Wear a mask if possible whenever you may be around other people.**

## Additional Information and Resources



Additional resources and checklists are available by calling the Ohio Department of Health or at their website:

1-833-4-ASK-ODH (1-833-427-5634)

coronavirus.ohio.gov

### Finding a Doctor, if you do not have one

#### Mt Carmel

<https://www.mcmg.mountcarmelhealth.com/locations/primary-care>

<http://www.mountcarmelvirtualvisit.com/>

#### Ohio Health      614-449-8524

<https://www.ohiohealth.com/ohiohealth-physician-group/our-specialties/primary-care/our-locations/>

#### Ohio State      614-293-5123

<https://wexnermedical.osu.edu/locations-and-parking>

#### Nationwide Children's      614-722-6200