



# QUARANTINED

Recovering From the Coronavirus While Leading  
Through My First Pandemic

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# RECOVERING

Symptoms ■ Testing ■ Recovery

## SYMPTOMS

All of my symptoms were not consistent with the three widely published symptoms of fever, cough and shortness of breath, or with the CDC's "Watch for symptoms list."

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

## TESTING

I wasn't supposed to get tested. Per the screening nurse at my local hospital, I was not eligible for testing. And per the CDC "priorities for testing patients," I was a "non-priority."

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/priority-testing-patients.pdf>

## RECOVERY

The CDC guidance on "discontinuation of isolation for persons with Covid-19 not in healthcare settings" did not work for me. According to this definition of "recovery," I should have been out of isolation three weeks ago. As of last Monday, I still have the virus.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>



# LEADING

## Communication ■ Resources

### Communication

- Meeting Modes & Methods
  - phone/text/e-mail more important than ever before
  - video-conferencing (Zoom, Google Hangouts, Skype, Blue Jeans)
- Constituent Outreach
  - social media videos and Covid-19 updated
  - postal mail & electronic newsletter
  - regular call with targeted constituent groups

### Resources

- Lists and links for unemployment, small business, attorney general assistance
- Your own list of district resources like support services and PPE
- Formulate your own FAQ, customized for your district