

IF YOU ARE SICK WITH COVID-19

If you are sick with COVID-19, or have symptoms consistent with COVID-19, follow the steps below to help protect other people in your home and community.

1) Stay home except to get medical care

People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas. Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think you are having a medical emergency. Avoid public transportation, ride-sharing, or taxis.



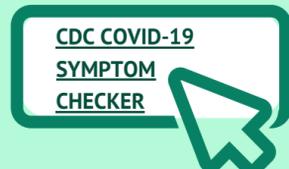
2) Separate yourself from other people in your home, this is known as home isolation



As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available. You should restrict contact with pets and other animals, just like you would around other people.

3) Call ahead before visiting your doctor

If you have a medical appointment, call your doctor’s office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



4) Wear a facemask, if available

If available, wear a facemask whenever you are in the same room with other people. If you can’t wear a facemask, your caregiver should wear one while in the same room with you.

5) Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



6) Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. Soap and water are the best option, especially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

7) Avoid sharing personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water or put in the dishwasher.



8) Clean all “high-touch” surfaces everyday

Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables. Clean and disinfect areas that may have blood, stool, or body fluids on them.

9) Monitor your symptoms

Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing). Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do. If possible, put on a facemask before you enter the building. If you can’t, try to keep a safe distance from other people (at least 6 feet away). Your local health authorities will give instructions on checking your symptoms and reporting information.



10) If you develop emergency warning signs for COVID-19 get medical attention immediately

Emergency warning signs are below. This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

- Trouble breathing
- Persistent pain or pressure in the chest
- Bluish lips or face
- New confusion or inability to arouse

- If you have a medical emergency and need to call 911, notify the operator that you have, or had symptoms that are consistent with COVID-19. If possible, put on a facemask before medical help arrives.
- The decision to stop home isolation should be made in consultation with your healthcare provider, and state and local health departments.

