

# PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK

If you have a fever or cough, you might have COVID-19. **Most people have mild illness and are able to recover at home. Follow the steps below to help protect other people in your home and community.**



## STAY HOME

- Do not leave your home, except to get medical care.
- Do not visit public areas.
- Avoid public transportation, ride-sharing, or taxis



## STAY AWAY FROM OTHER PEOPLE AND PETS IN YOUR HOME

- If possible, stay in a specific “sick room”.
- Use a separate bathroom.



## CLEAN YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



## 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.



## WEAR A CLOTH COVERING

- Wear a cloth face covering over your nose and mouth if you must be around other people (*even at home*).
- You don't need to wear the cloth face covering if you are alone.
- If you can't put on a cloth face covering (*because of trouble breathing for example*), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.



## AVOID SHARING PERSONAL HOUSEHOLD ITEMS

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



## CLEAN AND DISINFECT DAILY

- Clean all surfaces that are touched often, including phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.



## MONITOR YOUR SYMPTOMS

- Common symptoms of COVID-19 include fever and cough. If you develop any of these emergency warning signs get medical attention immediately:
- Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face



## CALL AHEAD BEFORE VISITING YOUR DOCTOR

- Call ahead. Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office. This will help the office protect themselves and other patients.



## CALL 911 IF YOU HAVE A MEDICAL EMERGENCY

- Notify the operator that you have or think you might have, COVID-19.
- If possible, put on a facemask before medical help arrives.

### If you're sick, stay home and do not return to school or work until:

- at least 10 days have passed since your symptoms first appeared; **and**,
- at least 3 days (72 hours) have passed since your fever has resolved (i.e. no fever without the use of fever reducing medications) and your other symptoms are improving.

