

# If you are sick with COVID-19



## **Stay home except to get medical care.**

People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis.



## **Separate yourself from other people in your home.**

As much as possible, you should stay in a specific room and away from other people in your home. Use a separate bathroom if you can. Do not share personal household items like dishes, towels, bedding, or eating utensils.



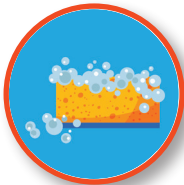
## **Call ahead before visiting your doctor.**

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the provider's office take steps to keep other people from being exposed.



## **Wash your hands often.**

Wash your hands with soap and water for at least 20 seconds frequently, but especially after blowing your nose, coughing or sneezing. Wash your hands before eating or preparing food. If soap and water aren't available, use alcohol-based hand sanitizer with at least 60% alcohol. Avoid touching your face.



## **Clean high-touch surfaces everyday.**

These surfaces include counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards and bedside tables. Use diluted household bleach solutions (4 teaspoons per quart of water), alcohol solutions with at least 70% alcohol, or most common EPA-registered household disinfectants. You can find a list of these disinfectants at <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>.



## **Monitor your symptoms.**

Seek prompt medical attention if your symptoms or illness worsens. Call your healthcare provider ahead of time to let them know you are coming. Call 911 if you have a medical emergency and notify dispatch that you have or are being evaluated for COVID-19.