

10 things you can do to manage your health at home

If you have possible or confirmed COVID-19:



1. Stay home from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. Cover your cough and sneezes.



2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.



7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. Get rest and stay hydrated.



8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a face mask.



4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.



9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.



10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.