First and foremost, stay home (except to get medical care).

Take care of yourself

- ☐ **Take care of yourself**
  - ▶ Rest at home
  - ▶ Drink a lot of fluids to stay hydrated
  - ▶ Over-the-counter medicines may help with symptoms. Common symptoms of COVID-19 include fever and cough.
  - ▶ Stay in touch with your doctor. Get medical care when needed and call first.

- ☐ **Monitor your symptoms**
  - ▶ Common symptoms of COVID-19 include fever and cough.
  - ▶ Trouble breathing is a more serious symptom. If you are having trouble breathing, seek medical attention, but call first.
  - ▶ If your symptoms become more than you can manage at home, call your health care provider for further instructions. Tell him/her you have or may have COVID-19. This will help the office protect themselves and other patients.

- ☐ **When to seek emergency medical attention:**
  - ▶ Trouble breathing
  - ▶ Persistent pain or pressure in the chest
  - ▶ New confusion or inability to arouse
  - ▶ Bluish lips or face
  - ▶ Call 911 for a medical emergency
  - ▶ *This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.*

Avoid spreading COVID-19 to others

- ☐ **Separate yourself from other people and pets in your home; this is known as home isolation**
  - ▶ As much as possible, stay away from others. You should stay in a specific "sick room" if possible, and away from other people and pets in your home. Use a separate bathroom, if available.

- ☐ **If you are sick, wear a cloth covering over your nose and mouth**
  - ▶ You should wear a cloth face covering, over your nose and mouth, if you must be around other people.

- ☐ **Cover your coughs and sneezes**

- ☐ **Clean your hands often**
  - ▶ This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Turn over

☐ **Avoid sharing personal household items**

  ▶ **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

  ▶ **Wash thoroughly after use**: After using these items, wash them thoroughly with soap and water or put them in the dishwasher.

☐ **Clean all "high-touch" surfaces in your isolation area ("sick room" and bathroom) 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; ensure the individual wears a mask and waits as long as possible after you have used the bathroom.

  ▶ High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

When to discontinue home isolation

☐ **You can discontinue home isolation when each of these things have happened:**

  ▶ You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers).

  ▶ Your other symptoms have improved (for example, when your cough or shortness of breath have improved).

  ▶ It has been at least 10 days have passed since your symptoms first appeared.