First and foremost, stay home (except to seek 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 fever and cough.
  - Stay in touch with your doctor. Get care when needed. Call first.

- **Watch your symptoms**
  - Common signs of sickness of COVID-19 are fever and cough.
  - Trouble breathing is serious. If you are having trouble breathing, seek help. Call first.
  - If your sickness becomes more than you can handle at home, call your doctor to learn what to do. Say that you have or may have COVID-19. This will help the office protect staff and others.

- **When to seek emergency care:**
  - Trouble breathing
  - Pain or pressure in the chest that will not stop
  - If confused or not able to wake up
  - Bluish lips or face
  - Call 911 for an emergency
  - *This list does not include all things. Please talk to your doctor about any other signs of sickness or worries.*

**Avoid spreading COVID-19 to others**

- **Stay away from other people and pets in your home; this is known as home isolation**
  - As much as you can, stay away from others. You should stay in a “sick room”, away from other people and pets in your home. Use your own bathroom, if you can.

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

- **Cover your coughs and sneezes**

- **Clean your hands often**
  - This is needed after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or making food.

- **Do not share personal or household items**
  - Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
Wash after use: After using these items, wash them very well with soap and water or put them in the dishwasher.

Clean all “high-touch” surfaces in your area ("sick room" and bathroom) everyday

- Routinely clean high-touch areas in your “sick room” and bathroom. Let someone else clean in common areas, but not your bedroom and bathroom; make sure others wear a mask and wait 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 end home isolation

- You can stop 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 using medicine to lower it).
  - Your other symptoms have got better (for example, less coughing or trouble breathing).
  - It has been at least 10 days have passed since your symptoms first appeared.

Adapted from Centers for Disease Control and Prevention’s What to Do if You Are Sick: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

What to do if you test positive for COVID-19, but have no signs of sickness (asymptomatic)

- If you test positive for COVID-19, stay home and away from other people, even if you don’t feel sick
  - If you live with others, stay in a separate room and use your own bathroom, if you can
  - If you need to be around other people, wear a cloth face covering
  - Try not to take public transit like the bus, ride sharing or taxis
  - Check for signs of COVID-19: Fever, cough or trouble breathing are common.
  - Check your temperature often. Above 100.4 is a fever.

- If you become sick while in isolation, call your doctor and public health.
  - Call Scott County Health Department at 563-326-8618
  - Follow the guidance starting on the first page of this handout

- If after 10 days since your first positive test, you still have no signs of sickness, you can stop isolation.
  - Day of first test: ____/____/____
  - Day to end isolation: ____/____/____