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 <u>each</u> of these things have happened:**
  - ▶ You have had no fever for at least 24 hours 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: _____/_____/_____

Source: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html