

WHAT TO DO IF YOU THINK YOU HAVE COVID-19?

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Symptoms of Covid-19 develop 2-14 days after exposure. Symptoms include: Fever, Cough, Shortness of breath. Emergency symptoms may include: Difficulty breathing or shortness of breath, Persistent pain or pressure in the chest, New confusion or inability to arouse, Bluish lips or face.

1 STAY HOME EXCEPT TO GET MEDICAL CARE

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.

2 DISTANCE YOURSELF FROM OTHER PEOPLE & ANIMALS IN YOUR HOME

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
Animals: Do not handle pets or other animals while sick. See the CDC website for more information.

3 CONTACT A HEALTHCARE PROVIDER VIA PHONE

It's important that you call before you go see a healthcare provider. You have several ways of contacting a healthcare professional via phone: Call the nurse line that can be found on the back of your ID card, Call your telehealth provider, Call your physician, urgent care or hospital.

4 WEAR A FACEMASK & COVER YOUR COUGHS AND SNEEZES

Wear a facemask when you are around other people and pets. If you can't find a facemask, then people you live with should stay in different rooms. Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds.

5 AVOID SHARING PERSONAL HOUSEHOLD ITEMS

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

6 CLEAN YOUR HANDS OFTEN & CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands.
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe, according to the label instructions.

7 MONITOR YOUR SYMPTOMS

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility.
Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.
If you develop emergency symptoms and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

8 DISCONTINUING HOME ISOLATION

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

