WHAT TO DO IF YOU ARE SICK

Stay home

Most people with COVID-19 have mild symptoms and get better at home. If you have symptoms such as fever, cough, runny nose, sore throat, fatigue, headache, or congestion, stay home.

Avoid public transportation such as buses, taxis, or ride-sharing.

Call your health care provider before coming to the clinic. We may be able to help you over the phone so you can avoid leaving your house.

Avoid spreading germs

- If possible, stay in a different room than healthy family members.
- Cover your cough and sneeze with a tissue and throw it away immediately in a lined trash can.
- Limit contact with other people and pets.
- If possible, wear a mask if you must be near a family member or go to a clinic or hospital.
- Wash your hands frequently with soap and water for 20 seconds.
- Do not share personal items like dishes, eating utensils, glasses, towels, and bedding with other people. Wash these items thoroughly after use.
- Clean surfaces in the home and bathroom frequently with a household cleaner or disinfectant.

Treat your symptoms

There is no cure or medicine for coronavirus. You can help your recovery by helping your immune system do its job.

- Drink lots of water and choose healthy foods.
- Sleep and take naps.
- If you need to take something for fever, use acetaminophen (Tylenol) and avoid anti-inflammatories like Motrin, Aleve, Naproxen, ibuprofen, and aspirin.

When to go to the hospital

You should go to the hospital or call 911 if you have difficulty breathing or shortness of breath, continuous pressure or pain in chest, confusion, bluish lips or face.

Keep in touch with your health care provider

If you have new or worsening symptoms, call your health provider. In case of severe symptoms call 9-1-1.

When to stop isolation

Remember, even once you recover it is best to avoid leaving your home unless absolutely necessary.

If you need to return to work or leave for other reasons, you can do so after three things have happened:

1. No fever without any medication for 72 hours (3 days)
2. Symptoms have improved (cough is better)
3. It has been at least 7 days since your symptoms first appeared

Other resources

For additional resources visit www.coronavirusnetwork.org. You may also visit your local county health department website and coronavirus.gov of the latest info.

CORONAVIRUS SUPPORT NETWORK

Source: CDC / WHO