

10 THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME | COVID-19 |

If you have possible or confirmed COVID-19

- 1. Stay home** except to get medical care.



- 6. Cover your cough and sneezes** with a tissue or use the inside of your elbow.



- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



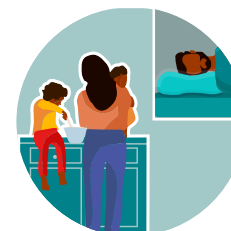
- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



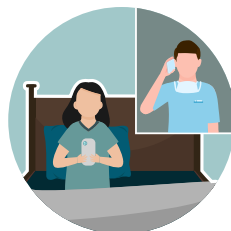
- 3. Get rest and stay hydrated.**



- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Taking Care of Sick People with COVID-19 Illness at Home

Having a Sick Person in the home



Many people who get sick with coronavirus (COVID-19) can be safely cared for at home. If possible, have the sick person stay in one room, or physically away from other people in the household. Keep them at least 1 metre (an arm's length) away from others.

Wearing a mask



Have the sick person wear a mask, or cloth face covering, when they are around other people, including family members. Caregivers should wear a mask, or cloth face covering, and disposable gloves when touching any items used by the sick person.

Washing your hands



Wash your hands often with soap and water for at least 20 seconds before and after caring for the sick person, before preparing and eating food, before and after wearing gloves, and after using the toilet.

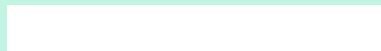
Disinfect surfaces



Clean frequently touched surfaces, or items in the house with soap and water every day. Then, use a diluted chlorine solution to disinfect.

Questions

If you have questions, call the COVID-19 Hotline:



Take the sick person to the nearest health facility if they get worse or if they have any of the following symptoms:



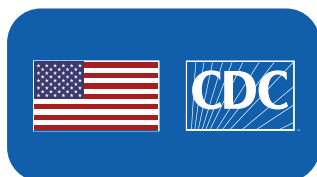
trouble breathing



confusion



chest pains



cdc.gov/coronavirus

www.cdc.gov/coronavirus/2019-ncov/global-covid-19