If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people you live with and in your community.

Stay at your residence except to get medical care.

- **Stay at your residence.** Most people with COVID-19 have mild illness and are able to recover on their own without medical care. Do not leave your residence, except to get medical care. Do not visit public areas.

- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

- **Avoid public transportation**, ride-sharing or taxis.

Separate yourself from other people and pets in your residence.

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

- See **COVID-19 and Animals if you have questions about pets**: https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals.

- Additional guidance is available for those **living in close quarters**. (https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html) and sharedhousing (https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html).

Monitor your symptoms.

- **Symptoms of COVID-19 include fever, cough and shortness of breath, but other symptoms may be present as well.**

- **Follow care instructions from your health care provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.
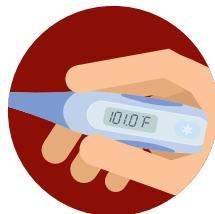
When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility:

Notify the operator that you are seeking care for someone who has or may have COVID-19.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.

- **If you have a medical appointment that cannot be postponed, call your doctor's office** and tell them you have or may have COVID-19.

If you are sick, wear a mask over your nose and mouth.

- **You should wear a mask over your nose and mouth** if you must be around other people or animals, including pets (even at your residence).

- You don't need to wear the mask if you are alone. If you can't put on a mask (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.

- Masks should not be placed on young children under age 2 years, anyone who has trouble breathing or anyone who is not able to remove the mask without help.

Note: During the COVID-19 pandemic, medical grade facemasks are reserved for health care workers and some first responders. You may need to make a mask using a scarf or bandanna.

Cover your coughs and sneezes.

- **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. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching your eyes, nose and mouth** with unwashed hands.

Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels or bedding with other people in your quarantine location.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.

Clean all "high-touch" surfaces every day.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

> High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets and bedside tables.

- **Clean and disinfect areas that may have blood, stool or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective.

When You Can Be Around Others After You Had or Likely Had COVID-19

When you can be around others (end quarantine/isolation) depends on different factors for different situations.

- **I think or know I had COVID-19, and I had symptoms**
  - You can be with others after
    - 24 hours with no fever **AND**
    - Symptoms improved **AND**
    - 10 days since symptoms first appeared
  - Depending on your health care provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved and you receive two negative test results in a row, at least 24 hours apart.

- **I tested positive for COVID-19 but had no symptoms**
  - If you continue to have no symptoms, you can be with others after:
    - 10 days have passed since test
  - Depending on your health care provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.
  - If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

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Learn more: www.salisbury.edu/coronavirus

CDC

For more information: www.cdc.gov/COVID19

All information pulled from CDC: CS 316120-A 08/11/2020
https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html