



COVID-19

CDC: WAYS TO MANAGE SYMPTOMS IN YOUR RESIDENCE

If you have fever, cough or shortness of breath, call your health care provider. They may tell you to manage your care from your residence. **FOLLOW THESE TIPS:**



DO NOT GO to work or school and stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing or taxis.



COVER YOUR COUGH AND SNEEZES.



MONITOR YOUR SYMPTOMS carefully. If your symptoms get worse, call your health care provider immediately.



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.



GET REST AND STAY HYDRATED.



As much as possible, **STAY** in a specific room and **AWAY FROM OTHER PEOPLE** in your residence. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of your residence, wear a facemask.



If you have a medical appointment, **CALL THE HEALTH CARE PROVIDER** ahead of time and tell them that you have or may have COVID-19.



AVOID SHARING PERSONAL ITEMS with other people, like dishes, towels and bedding.



For medical emergencies, call 911 and **NOTIFY THE DISPATCH PERSONNEL** that you have or may have COVID-19.



CLEAN ALL SURFACES that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.