



COVID-19 Guidance to Caring for Yourself at Home

Ten things you can do to manage your health at home if you have possible or confirmed COVID-19:

1. Stay home from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
3. Get rest and stay hydrated.
4. Cover your cough and sneezes.
5. 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.
6. 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 facemask.
7. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding
8. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
9. Postpone all non-essential medical appointments. If you have a critical medical appointment that cannot be conducted virtually, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.
10. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

***If you have been tested for COVID-19 and are awaiting results, isolate and wait for guidance from your healthcare provider.**

For any additional questions about your care, contact your healthcare provider or state or local health department.

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