

What to do if you are sick and staying home

If you are sick, follow the steps below to help prevent the disease from spreading to people in your home and community.

- Stay home.
 - ✓ You should restrict activities outside your home. Do not go to work, school, or public areas. Avoid using public transportation, ride sharing, or taxis.
- Separate yourself from other people and animals in your home.
 - ✓ People: As much as possible, you should stay in a specific room and away from other people in your home. You should use a separate bathroom, if available.
 - ✓ Animals: Do not handle pets or other animals while sick.
- Call ahead before visiting your doctor
 - ✓ Call the healthcare provider and tell them that you are sick. This will help the healthcare provider's office take steps to keep other people from being infected or exposed.
- Wear a facemask.
 - ✓ When you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
- Cover your coughs and sneezes.
 - ✓ Cover your mouth and nose with a tissue. Throw used tissues in a lined trashcan; Wash your hands with soap and water for at least 20 seconds or alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry.
- Avoid sharing personal household items.
 - ✓ You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- Clean all "high-touch" surfaces every day.
 - ✓ Tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe.
- Monitor your symptoms.
 - ✓ Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
 - ✓ Before seeking care, call your healthcare provider.
 - ✓ Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department.
 - ✓ If you have a medical emergency and need to call 911, notify the dispatch personnel that you have symptoms of COVID 19.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>