



# COVID-19

## How to self-isolate if you are sick



### Isolate and Separate at Home

- Separate yourself from other people and animals in your home, particularly people with special vulnerability to COVID-19 infection.
- Do not welcome visitors into your home. They will understand.
- Use a separate bathroom, if available, and separate towels.
- Use separate dishes and utensils, and avoid sharing bedding.



### Take Care of Yourself



- Stay home, get rest, and drink plenty of healthy fluids.
- Take Tylenol (acetaminophen) pain relievers, fever reducers, decongestants or cough medicine to manage symptoms. If you have chronic health conditions check with your primary care provider before you take these medications.
- If you are alone at home stay in touch with family, friends and neighbors using technology. Social wellbeing is important!



### Clean and Sanitize Don't Share Germs

- Cover your coughs and sneezes with the inside of your elbow or with a tissue, throwing the tissue away immediately afterwards.
- Use disinfectant every day on high-touch surfaces, such as countertops, tables, doorknobs, toilets and computer keyboards.
- Clean your hands often. High priority times to wash hands include:
  - After blowing your nose, coughing, or sneezing
  - After using the restroom
  - Before eating or preparing food
  - After contact with animals or pets
  - Before and after providing routine care for another person who needs assistance, such as a child.



### If You Have to Go Out

- Avoid public transportation/ride-sharing/taxis.
- Wear a mask and maintain a social distance of at least 6 feet.

### Monitor Your Symptoms for Changes



- Check your temperature and monitor your symptoms daily.
- Seek prompt medical care if you feel like you are getting worse.
- Severe symptoms include:
  - Shortness of breath or difficulty breathing (feeling like you can't get enough air, gasping, unable to speak without stopping for air, feelings of distress).
  - Weakness, dizziness or chest pain.



### Seek Help for Severe Symptoms

If you have severe symptoms, call your doctor **BEFORE** seeking care, or call 911 if it is a medical emergency.

Inform your doctor's office or the 911 dispatcher that you are on self-isolation for possible COVID-19 and have worsening symptoms.

Please put on a facemask before entering any healthcare facilities.