



If you have a fever or cough, you might have COVID-19. Most people have mild illness and are able to recover at home. Keep track of your symptoms. If you have an emergency warning sign (including trouble breathing), get medical attention right away.

People at higher risk for serious illness from COVID-19 include older adults and people with underlying chronic medical conditions like heart or lung disease or diabetes. These higher risk individuals should contact their healthcare provider early, even if their illness is mild.

Keep in mind that there is no treatment for COVID-19 and people who are mildly ill should be able to self-isolate and care for themselves at home.

If your provider tells you that you don't need to come in because you have mild illness and you do not have a high-risk condition, take care of yourself like you would if you had any other respiratory infection.

Stay home except to get medical care



- **Stay home:** People who are mildly ill with respiratory illness, including those with confirmed COVID-19 are able to isolate and recover. You should restrict activities outside your home, except for getting medical care.
- **Avoid public areas:** Do not go to work, school, or public areas.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home

- **Stay away from others:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Avoid contact with older adults and people who have serious chronic medical conditions: Heart disease, diabetes and lung disease**
- **Limit contact with pets and animals:** Although there have not been reports of pets becoming sick with COVID-19, it is still recommended to limit contact until we learn more. If you must care for your pet, wash your hands before and after contact.

Call ahead before visiting your doctor



- **Call ahead:** If you have a medical appointment, call the healthcare provider and tell them that you have or may have a respiratory illness. This will help the healthcare provider's office take steps to keep other people from getting ill.

Cover your coughs and sneezes



- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water.

Clean your hands often



- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not readily 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:** Soap and water are the best option if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items



- **Do not share:** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- **Wash thoroughly after use:** After using these items, they should be washed thoroughly with soap and water or put in dishwasher.

Clean all “high-touch” surfaces frequently



<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

- **Practice routine cleaning of high touch surfaces:** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- **Disinfect areas with bodily fluids:** Also, clean any surfaces that may have blood, stool, or body fluids on them.
- **Household cleaners and disinfectants:** Use a household cleaner to clean dirty areas then use an EPA-registered household disinfectant; follow label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms



- **Seek medical attention:** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- **Call your doctor:** Before seeking care, call your healthcare provider and tell them your symptoms.
- **Wear a facemask when sick:** Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or

Call 911 if you have a medical emergency Notify the operator if you have or think you have COVID-19 so that emergency personnel know to provide you a mask upon arrival.

Discontinuing self-isolation



Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- **No fever for at least 72 hours**, without the use of fever-reducing medications; **and**
- **Improvement in respiratory symptoms** (e.g., cough, shortness of breath); **and**
- **At least 7 days have passed** since symptoms first appeared.