What to do if you are sick

Follow the steps below to keep you from spreading the disease.

**Stay home except to get medical care**

- **Stay home**: People who are mildly ill with COVID-19 are able to recover at home. Do NOT leave, except to get medical care. Do NOT visit public areas. Rest and drink lots of fluids.

- **Stay in touch with your doctor**: Call your provider if you feel worse or you think it is an emergency. Call before you get medical care to help the office protect themselves and other patients.

- **Avoid public transportation**: Do not use the bus, train, ride-sharing, or taxis. Do NOT travel.

**Stay away from other people in your home**

- **Stay away from others**: Stay in your own “sick room” that is well-ventilated (aired out) and away from other people in your home especially those who are high-risk: [www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html](http://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html). Avoid shared spaces. Use a separate bathroom if you can. Keep a safe distance from other people in your home (at least 6 feet away).

- **Stay away from pets and animals**: Do NOT go near your pets and other animals. See COVID-19 and Animals for more information: [www.cdc.gov/coronavirus/2019-ncov/prepare/animals.html](http://www.cdc.gov/coronavirus/2019-ncov/prepare/animals.html)

**Call ahead before you visit your doctor**

- **If you have a medical appointment or if you have an emergency**, call your doctor’s office or emergency room before you visit, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

**Wear a facemask**

- **You should wear a medical facemask**, when you are around other people and before you go to a health care provider’s office.

**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**: Wash your hands right away with soap and water for at least 20 seconds, or use hand sanitizer with at least 60% alcohol.
Clean your hands often

- **Wash your hands often** with soap and water for at least 20 seconds.
- **If soap and water are not available**, clean your hands with an alcohol-based hand sanitizer with at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Use soap and water instead if you can see the dirt on your hands.
- **Do NOT touch** your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day

- **Clean high-touch surfaces** in your “sick room” and bathroom every day. Ask a caregiver to clean and disinfect high-touch surfaces in other areas of your home.
- **High-touch surfaces** include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Use a common EPA-registered household disinfectant.** A full list of disinfectants can be found here: [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

Watch for worsening symptoms

- Call your doctor if your symptoms get worse.
- Call your nearest emergency room if you have any of these warning signs (and tell them you have or might have COVID-19):
  - Trouble breathing or shortness of breath
  - Ongoing pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face
  Note: This is not all inclusive. Please call your doctor if you are worried about any symptoms you have.

When to stop home isolation

- Call your doctor to find out when you can stop home isolation