

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have COVID-19:

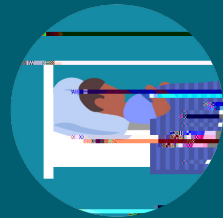
Stay home from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.



Get rest and stay hydrated.



If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



Cover your cough and sneezes.



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.



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 cloth face covering.



Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.



Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

