



What To Do If You Are Sick



Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as dry cough or difficulty breathing, call your healthcare provider immediately.

Follow the steps below: If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.



Stay home except to get medical care

- ✓ Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. 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:



Separate yourself from other people and animals 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.
- ✓ If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets.



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 COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.



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.



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.



Wear a facemask if you are sick

- ✓ If you are sick: You should 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.



527-8570 or 754-8870