Contact your Primary Care Physician (PCP)
for medical guidance on supportive care.

STEPS TO HELP PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK

HIGHLIGHTS OF THE CDC'S GUIDELINES
(Visit the CDC's website at www.cdc.gov for full details)

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.

• Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.

• Avoid using public transportation, ride-sharing, or taxis.

SEPARATE YOURSELF FROM OTHER PEOPLE IN YOUR HOME, THIS IS KNOWN AS HOME ISOLATION

• Stay away from others: As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.

MONITOR YOUR SYMPTOMS

• Seek medical attention, but call first: Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).

CALL YOUR DOCTOR BEFORE GOING IN:
Before going to the doctor's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.

• Wear a facemask: If possible, put on a facemask before you enter the building. If you can't put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.

• Follow care instructions from your healthcare provider and local health department: Your local health authorities will give instructions on checking your symptoms and reporting information.

IF YOU DEVELOP EMERGENCY WARNING SIGNS FOR COVID-19 GET MEDICAL ATTENTION IMMEDIATELY.

Emergency warning signs include*:
• Difficulty breathing or shortness of breath
• Persistent pain or pressure in the chest
• New confusion or inability to arouse
• Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you may have COVID-19. If possible, put on a facemask before medical help arrives.