1. **Stay home** until a healthcare provider tells you it is ok to end your home isolation. To keep everyone safe, do not allow visitors or non-household members into your home while isolating.

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

3. **Get rest and stay well hydrated.**

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

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

6. **Cover your cough and sneezes with a tissue.**

7. **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.

8. As much as possible, **stay in a separate room and use a separate bathroom.** If you need to be around other people, wear a facemask and practice physical distancing.

9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding. Take meals separately away from other family members.

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

**WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?**

- CDC: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- www.coronavirus.gov
- 1-855-600-3453 Coronavirus Hotline
- www.ihs.gov

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