

10 Things you can do to Manage your COVID-19 Symptoms at Home



1. Stay home until a health care 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.



6. Cover your cough and sneezes with a tissue.



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



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.



3. Get rest and stay well hydrated.



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.



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



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



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



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



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



www.cdc.gov/coronavirus



1-855-600-3453
Coronavirus Hotline



www.coronavirus.gov



www.ihs.gov