

## Stay Home

- People who are mildly ill with COVID-19 can recover at home.
- Do not visit public areas or use public transportation. Consider having groceries and other needed items delivered.

## Isolate at Home

- Stay six feet away from others in your household as much as possible, including pets.
- Use a separate bathroom if available.
- Wear a facemask whenever you are around others, even if 6 ft of distancing is maintained.
- Cover your cough and sneezes with a tissue.
- Wash your hands often, especially after sneezing, coughing, or touching your face.
- Avoid sharing personal household items such as glasses, utensils or bedding with others and wash thoroughly after use.
- Clean all high-touch areas (“sick room” and bathroom) daily using household cleaners and disinfectants.
- Others in your household should monitor themselves for symptoms and should contact their employers, schools, etc., about time needed for quarantine.

## Monitor Your Symptoms

- Stay in touch with your doctor and call before you get medical care. Many concerns can be handled by phone, Mychart messages or video visit, even after normal business hours.
- Be sure to notify your doctor of worsening symptoms.

## **Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19:**

- **Difficulty breathing or shortness of breath.**
- **Persistent pain or pressure in the chest.**
- **New confusion or trouble awakening.**
- **Bluish lips or face.**

## **Consult your medical provider for any other symptoms that are severe or concerning.**

## Returning to Normal Activity

- The time requirements to remain in quarantine may vary based upon your presentation. Consult your medical provider for timing appropriate for you.
- Employers and schools often have different requirements for quarantining of persons positive for COVID-19 and those sharing a household. Please contact them directly for instruction.