

# How to Care for Yourself at Home During COVID-19 (Coronavirus)

## What is COVID-19 (Coronavirus disease-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus. People with COVID-19 have had a wide range of symptoms reported ranging from mild symptoms to severe illness.

Symptoms include:

- **Cough, shortness of breath, fever, chills, muscle pain, headache, sore throat, runny nose, diarrhea, and nausea/vomiting.**

If you experience any of these symptoms, contact a healthcare provider. **If you have trouble breathing, call 911.** See second page for ways to manage respiratory symptoms at home.

## How does COVID-19 spread?

Person to person by coughing, sneezing, talking, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

## Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness include:

- **Elders and adults over 60 years of age,**
- **People with heart disease, lung disease, or diabetes.**

## Is there a vaccine or treatment?

**There is no cure for COVID-19** at this time. To treat symptoms, the sick person should drink lots of water and rest.

Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.

Most people will have symptoms for a few days and recover after **1-2 weeks.**



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Updated November 30, 2020. Source: CDC



## What should you do if you have COVID-19 or symptoms of COVID-19, like a cold?

### Stay at home.

- People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.
- If symptoms worsen, call your healthcare provider.
- **In an emergency, call 911.**
- Stay home and away from others for 14 days to avoid getting others sick. Some people may have mild illness and feel well enough to go out. **DO NOT** do this because it will spread disease.
- Inform those you've come in contact with as they should stay at home to prevent the spread of germs.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Drink plenty of water.
- Stay in a specific room and away from other people in your home. Use a separate bathroom if possible.
- Do not shake hands, hug, or touch others.
- Avoid sharing items such as bedding, clothing, towels, and dishes with other people in your household.
- Every day, disinfect all "high touch" surfaces multiple times a day. These surfaces include: counters, tabletops, faucet handles, phones, and doorknobs. Common household cleaners and disinfectants are recommended. Wear gloves if possible.

# 10 ways to manage respiratory symptoms at home

**If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:**

- 1. Stay home** from work, school, and away from other public places, even if you feel well enough to go out. If you must go out, wear a face mask and avoid using any kind of public transportation or ridesharing.



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



- 3. Get rest and stay hydrated.**



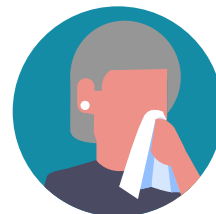
- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



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



- 6. Cover your cough and sneezes.**



- 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 specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



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



For more information: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)