

10 Things to Do When You Have COVID-19



Talk to your doctor right away about treatment. They might have you take medicine to help prevent serious illness.



Stay home. Don't go to school, work, or public areas. And don't use public transportation, ride-shares, or taxis unless you have no choice. Leave your home only if you need to get medical care. But call the doctor's office first so they know you're coming. And wear a high-quality mask.



Ask before leaving isolation. Follow your doctor's advice about when it is safe for you to leave isolation. Go to the CDC website at [cdc.gov](https://www.cdc.gov) if you have questions.



Wear a high-quality mask when you are around other people. It can help stop the spread of the virus.



Limit contact with people in your home. If possible, stay in a separate bedroom and use a separate bathroom.



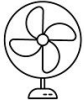
Cover your mouth and nose with a tissue when you cough or sneeze. Then throw the tissue in the trash right away.



Wash your hands often, especially after you cough or sneeze. Use soap and water, and scrub for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.



Don't share personal household items. These include bedding, towels, cups and glasses, and eating utensils.



Improve the airflow. If you have to spend time indoors with others, open windows and doors. Or you can use a fan to blow air away from people and out a window.



If needed, take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) to relieve fever and body aches. Read and follow all instructions on the label.

©2006-2022 Healthwise, Incorporated.

This care instruction is for use with your licensed healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.