

COVID-19 HOME CARE INSTRUCTIONS FOR INDIVIDUALS WITH SYMPTOMS

Due to your stated symptoms we would like to offer the following recommendations:

1. Refer to the CDC Website [www.cdc.gov/coronavirus] and search for "[What To Do If You Are Sick](#)"
2. Restrict activities outside your home, except for getting medical care. This includes:
 - If you seek medical care, notify them ahead of time that you are coming
 - DO NOT take public transportation
 - Avoid public areas
 - Wear a mask
3. Separate yourself from other people and animals in your home.
 - As much as possible, stay in a specific room and away from other people in your home, including limiting contact with pets & animals.
 - Consider a separate bathroom, if available.
 - If you cannot avoid being around others in the home, wear a face mask.
4. Cover your mouth and nose with a tissue when you cough or sneeze.
 - Throw used tissues in a lined trash can.
 - Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
5. Clean your hands often (same instructions as above).
6. Avoid touching your eyes, nose, and mouth with unwashed hands.
7. Do not share dishes, glasses or eating utensils, towels or bedding with other people or pets in your home. Wash these items frequently.