COVID-19

I'm Sick. What Should I Do?

Follow these steps to help prevent the disease from spreading to people in your home and community.

SELF-ISOLATE
- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Avoid sharing personal household items (dishes, utensils, towels, etc.)

MASK AND CALL AHEAD
- Call ahead before visiting a health care provider
- Wear a face mask around others (sharing a room or vehicle)
- This will protect others from getting infected

MONITOR FOR SYMPTOMS
- If your illness worsens, seek medical care, but call ahead first
- Tell the health care provider about your symptoms

COVER AND CLEAN
- Cover your coughs and sneezes
- Wash your hands with soap and water for at least 20 seconds
- If soap and water are not available, clean your hands with an alcohol-based hand sanitizer