

TIP SHEET: IF YOU ARE SICK WITH THE NOVEL CORONAVIRUS (COVID-19)

If you are sick with COVID-19, or suspected of being infected with COVID-19, follow the steps below to help prevent COVID-19 from spreading to people in your home and community.

STAY HOME UNLESS GETTING MEDICAL CARE

You should restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Do not use public transportation, ridesharing or taxis.

SEPARATE YOURSELF FROM OTHER PEOPLE AND PETS IN YOUR HOME

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

CALL YOUR DOCTOR BEFORE VISITING THEIR OFFICE

Before your medical appointment, call the health care provider and tell them that you have, or may have, COVID-19 infection. This will help the health care provider's office take steps to keep other people from getting infected or exposed.

WEAR A FACEMASK

You should wear a facemask when you are around other people (e.g. sharing a room or vehicle) and before you enter a health care provider's office. If you are not able to wear a facemask (e.g. because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

COVER YOUR COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60 percent alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

CLEAN YOUR HANDS

Wash your hands often 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 that contains at least 60 percent alcohol, covering all surfaces of your hands and rubbing them together until they feel

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dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.

AVOID SHARING PERSONAL HOUSEHOLD ITEMS

You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people in your home. After using these items, you should wash them thoroughly with soap and water.

CLEAN ALL “HIGH-TOUCH” SURFACES DAILY IN YOUR HOME

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

MONITOR YOUR SYMPTOMS

Seek prompt medical attention if your illness is worsening (e.g. shortness of breath or difficulty breathing). Before seeking care, call your health care provider and tell them that you have, or are being evaluated for, COVID-19 infection. Put on a facemask before you enter the facility. These steps will help the health care provider's office keep other people from getting infected or exposed. Ask your health care provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

WHEN TO DISCONTINUE HOME ISOLATION

Patients with confirmed COVID-19 infection should remain under home-isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home-isolation precautions should be made on a case-by-case basis, in consultation with health care providers and state and local health departments. Current information on COVID-19 is limited; thus, home precautions are conservative and based on general recommendations for other coronaviruses, like Middle Eastern Respiratory Syndrome (MERS).

SOURCE: CDC, NCIRD and Division of Viral Diseases. Retrieved February 12, 2020, from <https://www.cdc.gov>