



## Confirmed or Suspected COVID-19 Cases

If you are sick and have been diagnosed with COVID-19, have tested positive for the virus that causes COVID-19, or have been exposed to someone with COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

### What are the symptoms of COVID-19?

The most common symptoms of COVID-19 are fever, cough and shortness of breath. If you may have been exposed to someone with COVID-19 and are experiencing fever with either cough or shortness of breath, you might have COVID-19. You can contact your healthcare provider to see if you need to be tested. If you have tested positive for the virus that causes COVID-19, but don't have symptoms, you may develop symptoms and you can still spread the infection even without symptoms. In order to stay healthy and limit the spread of infection, please follow the instructions below.

- Stay home except to get 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, ride-sharing, or taxis.
- Separate yourself from other people and animals in your home
  - People: As much as possible, you should stay in a separate room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to leave the room, wear a facemask. For more information about isolating at home, go to: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
  - Animals: You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a facemask.
- Call ahead before visiting your doctor
  - If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare 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) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you. If other people do need to be in the same room with you, whether or not you are wearing a facemask, they should be wearing a facemask.

- 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; immediately wash your hands 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, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.
- Avoid sharing personal household items
  - You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Clean your hands often
  - 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% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- All “high-touch” surfaces should be cleaned every day
  - 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., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

If you have tested positive for COVID-19, you should remain under home isolation precautions until it is determined that you are no longer contagious. Your local public health department will communicate this with you.

