Covid19 Guidance for Caring for Yourself at Home

If you have possible or confirmed COVID-19, do these ten things:

1. **Stay home** from work or school and away from public places. If you must go out, avoid using public transportation, ride-sharing or taxis as much as possible.

2. Monitor your health carefully. **If your symptoms get worse, call your doctor** immediately.

3. **Get rest, drink plenty of liquids** like water, sports drinks, juice or tea and take **Tylenol** to manage a fever.

4. **Cover your coughs and sneezes** by wearing a face mask, coughing into your elbow or coughing into a tissue and immediately throwing it away.

5. **Wash your hands often** with soap and water for at least 20 seconds. When you can't wash your hands, cover your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

6. As much as possible, stay in one room and **away from other people in your home.** Use a separate bathroom, if available. If you need to be around other people, wear a face mask.

7. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

8. **Clean all surfaces that are touched often**, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

9. **Postpone all non-essential medical appointments.** If you have a critical medical appointment, ask if you can have it over the phone or computer. If you have to go in person, call the doctor's office ahead of time and tell them that you have, or may have, COVID-19.

10. For **medical emergencies, call 911 and notify the person that answers** the phone that you have, or may have, COVID-19.

If you have been tested for COVID-19 and are waiting for results, self-isolate and wait for instructions from your doctor. Ask your doctor when you can be released from self-quarantine or self-isolation.

For any additional questions about your care, contact your doctor.

Kentucky COVID-19 Hotline 1-800-722-5725
More information: kycovid19.ky.gov | www.louisvilleky.gov/covid19

03/31/20