COVID 19
CORONAVIRUS DISEASE

10 things you can do to manage your health at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.

3. **Get rest and stay hydrated.**

4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.

6. **Cover your cough and sneezes.**

7. **Wash your hands often** 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.

8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.

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

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

Please go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.

CDC

RHODE ISLAND DEPARTMENT OF HEALTH

For more information: **health.ri.gov/covid**

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When can I stop home isolation?

People with clinically diagnosed (suspected) or confirmed COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers), AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved), AND
- at least 7 days have passed since your symptoms first appeared.

What to do if your symptoms worsen

If any of the following occur, seek emergency medical attention by **calling 911 again**, or going to the closest Emergency Department:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- Lightheadedness or feeling faint

*This list is not all inclusive. Please consult your healthcare provider for any symptoms that are severe or concerning

When you call 911

1. Let the dispatcher know that you or someone in your household have or may have COVID-19 infection.

2. If you have a mask, place it on your face before EMS gets there. If you do not have a mask, let EMS personnel know.

3. Let the EMS personnel know right away that you or someone in your household have or may have COVID-19.

For more information for people who may have COVID-19, scan this code: