

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

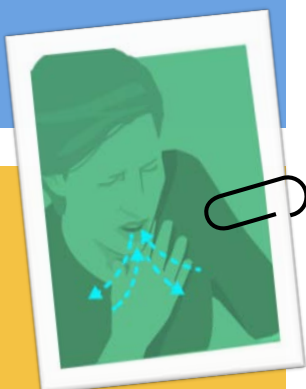


- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Avoid sharing personal household items (dishes, utensils, towels, etc.)

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 containing at least 60% alcohol
- Clean "high touch" surfaces daily

Have questions? Call the COVID-19 call center at 1-800-222-1222 or 1-800-962-1253 if in NJ but using a non-NJ cell-phone.