

If you think you are sick with COVID-19 take the following steps:

- Call your doctor or other usual healthcare provider for medical advice. If you are experiencing a medical emergency call 911 and remember to mention you may have COVID-19 in both cases.
- Stay home except to get medical care. This means staying home from work and school too.
- Avoid any form of public transportation or ride sharing.
- At home, you should stay away from others as much as possible. It is recommended you stay in a specific room and even use a separate bathroom if possible.
- Although there haven't been any specific linkages determined between animals and COVID-19 yet people are also advised to limit contacts with pets as much as possible and if possible delegate pet care duties to another member of the household.
- If you are going to see a doctor call ahead and tell them that you may have COVID-19 as this will help the healthcare provider take steps to keep other people from becoming infected or exposed. Wear a face-mask before you enter a medical provider's office.
- Wear a face-mask if sick, cover coughs and sneezes appropriately, follow basic hand-washing hygiene.
- Do not share dishes, drinking glasses or cups, eating utensils, towels or bedding with others people or pets in your home. After using any of these items they should be thoroughly washed with soap and water or disinfected using applicable household cleaners.
- If your illness is worsening seek prompt medical attention.
- Ask your healthcare 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.
- Unless there is an emergency situation, stay at home until instructed to leave.
- Keep in constant contact with your healthcare provider as this will help determine when home isolation should stop. Things will vary on a case-by-case basis, so there is no one size fits all approach.