How to Care for Yourself at Home During COVID-19 (Coronavirus)

What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

What are the symptoms of COVID-19?

Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:

- **Fever, cough, and shortness of breath**
- **Constant pain or pressure in the chest**
- **Confusion or can't wake up**
- **Blue lips or face**

How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness include:

- **Elders and adults over 60 years of age,**
- **People with heart disease, lung disease, or diabetes.**

Is there a vaccine or treatment?

There is no cure for COVID-19 at this time. To treat symptoms, the sick person should drink lots of water and rest.

Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.

Most people will have symptoms for a few days and recover after **1-2 weeks**.

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For more information: **CDC.gov/coronavirus**

Effective March 27, 2020
Source: CDC

What should you do if you have COVID-19 or symptoms of COVID-19, like a cold?

Stay at home.

- People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.
- If symptoms worsen, call your healthcare provider.
- In an emergency, call **911**.
- Stay home and away from others for 14 days to avoid getting others sick. Some people may have mild illness and feel well enough to go out. **DO NOT** do this because it will spread disease.
- Inform those you've come in contact with as they should stay at home to prevent the spread of germs.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Drink plenty of water.
- Stay in a specific room and away from other people in your home. Use a separate bathroom if possible.
- Do not shake hands, hug, or touch others.
- Avoid sharing items such as bedding, clothing, towels, and dishes with other people in your household.
- Every day, disinfect all "high touch" surfaces multiple times a day. These surfaces include: counters, tabletops, faucet handles, phones, and doorknobs. Common household cleaners and disinfectants are recommended. Wear gloves if possible.

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. **Stay home** from work, school, and away from other public places, even if you feel well enough to go out. If you must go out, avoid using any kind of public transportation or ridesharing.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.
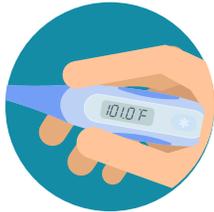
3. **Get rest and stay hydrated.**

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 or a bandana.

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.

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