

10 Ways to Manage COVID-19 Symptoms From Home

SOURCES: CDC; WHO; Zywave

- 1 Do not leave your home unless it's to get emergency medical care.
- 2 Stay in one separate room away from your loved ones as much as possible.
- 3 Carefully monitor your symptoms. If they get worse, call your doctor for guidance.
- 4 Wash your hands frequently with warm water and soap for at least 20 seconds.
- 5 Cover your coughs and sneezes.
- 6 Get plenty of rest and be sure to drink enough fluids.
- 7 Avoid sharing personal items like dishes, towels, bedding and electronic devices.
- 8 Disinfect high-touch surfaces like countertops, doorknobs and tables.
- 9 Notify your doctor that you may have COVID-19 before going to an appointment.
- 10 If you experience a medical emergency, call 911 and tell them you may have COVID-19.



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