What To Do if You Are Sick

From the Centers of Disease Control and Prevention. More information can be found at https://www.cdc.gov/coronavirus/2019-ncov/

IF YOU FEEL SICK

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STAY AT HOME AND CALL THE LOCAL HEALTHCARE DEPARTMENT

DO NOT GO TO THE HOSPITAL, CALL FIRST

DO NOT USE PUBLIC TRANSPORTATION

ASSISTING A SICK PERSON

WEAR A FACE MASK AND DISPOSABLE GLOVES

CLEAN AND SANITIZE CONTAMINATED SURFACES EVERY DAY WITH DISINFECTANTS

ISOLATE YOURSELF IN A ROOM AND DO NOT MEET PEOPLE

WEAR A FACE MASK

REPLACE THE FACE MASK WHEN IT IS WET AND DISCARD SAFELY

HANDLE CONTAMINATED LAUNDRY WITH GLOVES, DO NOT SHAKE IT, STORE IN A CLOSED SACK

WASH CLOTHES IN THE WASHING MACHINE WITH THE WARMEST APPROPRIATE SETTING

MONITOR YOUR SYMPTOMS

TAKE CARE OF YOUR EMOTIONAL HEALTH

FOLLOW YOUR LOCAL HEALTHCARE DEPARTMENT GUIDELINES

DISINFECT THOROUGHLY ALL HOUSEHOLD ITEMS AND PERSONAL OBJECTS

FOLLOW YOUR LOCAL HEALTHCARE DEPARTMENT GUIDELINES ON HOUSEHOLD