If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.

3. 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 cloth face covering.

4. **Get rest and stay hydrated.**

5. **Cover your cough and sneezes.**

6. **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.

7. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

8. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

9. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

10. **When to Seek Emergency Medical Attention**

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Severe pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

**Call 911 or call ahead to your local emergency facility.** Notify the operator that you are seeking care for someone who has or may have COVID-19.