1. Avoid close contact with people who are sick.
2. Avoid touching your eyes, nose, and mouth.
3. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
4. Clean and disinfect frequently touched objects and surfaces.
5. If you have a medical appointment, call the doctor's office and tell them you have or may have COVID-19. This will help the office keep other people from getting infected or exposed.
6. Avoid public transportation, ridesharing, or taxis if you have COVID-19.

10 things you can do to manage your health at home if you have possible or confirmed COVID-19

1. Avoid close contact with people who are sick.
2. Avoid touching your eyes, nose, and mouth.
3. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
4. Clean and disinfect frequently touched objects and surfaces.
5. If you have a medical appointment, call the doctor's office and tell them you have or may have COVID-19. This will help the office keep other people from getting infected or exposed.
6. Avoid public transportation, ridesharing, or taxis if you have COVID-19.
7. Separate yourself from other people in your home.
8. Wear a facemask if you are sick.
9. If you cannot wear a facemask (for example, because it causes difficulty breathing), then people who live with you should wear a facemask when in the same room as you.
10. 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, covering all surfaces of your hands and rubbing them together until they feel dry.
11. Avoid sharing personal items with others around you, like dishes, towels, and bedding.
12. Clean all "high-touch" surfaces every day, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
13. Clean and disinfect all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label's instructions.
14. Wash laundry thoroughly.
15. Place all used disposable facemasks and other contaminated items in a lined container before disposing with other household waste.
16. 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, covering all surfaces of your hands and rubbing them together until they feel dry.

For any additional questions about your care, check the CDC website at www.cdc.gov and the Ohio Department of Health website at www.odh.ohio.gov. Social Media sources are not reliable.

Notes to self: follow the Directions at Bed and Breakfast Antibiotic