



## 10 Things You Can Do To Manage Your Health at Home If You Have Possible Or Confirmed COVID-19:

1. For 14 days, stay home from work, school, and away from other public places. Don't need? Don't go! If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. 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.
3. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
4. 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.
5. Regularly clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
6. Sneeze or cough into a tissue or the inside of your elbow. Don't touch your face.
7. Get rest and stay hydrated.
8. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19. They will instruct proper access.
9. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
10. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

For any additional questions about your care, check the CDC website at [www.cdc.gov](http://www.cdc.gov) and the Utah Department of Health at [www.health.utah.gov](http://www.health.utah.gov). *Social Media sources are not reliable.*

***\*Listen to and Follow the Directions of State and Local Authorities\****



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