- your household, like dishes, towels, and bedding.

 4. Wash your hands often with soap and water for
 - 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.

 Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
 For medical emergencies, call 911 and notify the dis-

you have or may have COVID-19. They will instruct

proper access.

patch personnel that you have or may have COVID-19.

For any additional questions about your care, check the CDC website at www.cdc.gov and the Utah De-

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partment of Health at www.health.utah.gov. Social Media sources are not reliable.

Listen to and Follow the Directions of State and Local Authorities

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

- For 14 days, stay home from work, school, and away from other public places. Don't need?
 - 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.
- Regularly clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.