

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.

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\****



## 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.
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.