



What to do at home if you have COVID

1. If your symptoms are mild:

- a. The vast majority of people will experience only a mild illness from COVID, similar to the seasonal flu. This is especially true if you have had the COVID vaccine.
- b. If your symptoms are mild, stay at home and get plenty of rest and drink plenty of fluid. Take Tylenol or Motrin as need for comfort.

2. If you are seriously ill or getting worse:

- a. If you feel you need immediate or urgent care, go to the emergency room or call 911.
- b. If you have trouble breathing, chest pain or pressure, confusion, or change in mental alertness, call your doctor immediately,
- c. You should call your doctor if your COVID symptoms are worse after 4-5 days.

3. If you have tested positive for COVID or believe you have COVID:

- a. You should stay home and isolate for 10 days, if possible.
- b. Even if you have mild COVID symptoms, you still need to stay home until:
 - i. At least 5 days have passed since your symptoms started, AND
 - ii. At least 24 hours have passed with no fever without the use of fever-reducing medicine, AND
 - iii. Your illness has improved.
- c. If possible, get a rapid COVID test at least 5 days after your first symptoms. If your test is positive, you need to stay home for 10 days after symptoms.
- d. Wear a well-fitted mask even at home for 10 days after the onset of symptoms or a positive COVID test to protect your family and community.

4. If you have tested positive for COVID or believe you have COVID, protect your family members and others:

- a. Make sure everyone at home wears a mask.
- b. Stay in a separate room in your house or keep at least 6 feet distance from others in your household.
- c. Use a separate bathroom if possible. Lower the toilet lid before you flush and disinfectant after use. Do not share towels.
- d. Have someone else prepare meals for you if possible. Do not eat with other people, prepare meals for others, or share eating utensils.
- e. Wipe down frequently-touched surfaces: door knobs, counters, light switches.
- f. Wash your hands often or use an alcohol-based hand sanitizer.

5. Exposed family members

- a. If the family members are vaccinated and received a booster, they do not need to quarantine. They should:
 - i. Wear a well fitted mask for 10 days after exposure, and
 - ii. Try to obtain a COVID test 5 days after exposure
- b. Any household members that have NOT received the COVID vaccine and booster should:
 - i. Stay home until 5 days after any family member has completed isolation
 - ii. Testing recommended on or after 5 days after family member completed isolation
 - iii. Continue to wear well-fitted mask for full 10 days after exposure
- c. If household member(s) feel ill with COVID symptoms, it is likely that they have COVID. They should assume they have COVID, remain at home, and follow the instructions above.

Please see <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> for more details.