

## Caring for Yourself

These guidelines are for when you have a confirmed or suspected COVID-19 diagnosis. If you have a dry cough, fever, fatigue, loss of taste or smell, sore throat or diarrhea, you might have COVID-19. **Most people will have a mild to moderate illness** that requires 14 days of isolation. No specific antiviral treatment is recommended.

### Stay home except to get medical care:

- It is critically important that individuals experiencing symptoms stay home and away from other people.
- Do not leave your home, except to get medical care. Do not visit public areas.
- Avoid using public transportation, ride-sharing, or taxis.

### Separate yourself from other people in your home:

- Stay in a specific “sick room” if possible, and use a separate bathroom, if available.
- Cover your cough and sneezes. Wear a cloth face-covering over your nose and mouth.
- Do not handle pets or other animals while sick.

### Clean your hands often:

- Wash your hands often with soap and water for at least 20 seconds. Soap and water are the best option, especially if hands are visibly dirty.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

### Avoid sharing personal household items:

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- After using these items, wash them thoroughly with soap and water or put in the dishwasher.

## When to Seek Medical Attention

About one in five people may have a severe reaction to COVID-19, which can include shortness of breath, tightness in the chest, coughing up thick mucus, loss of appetite, loss of taste or smell, dizziness, chills and sweating. A severe reaction to COVID-19 can lead to dangerous conditions such as pneumonia or respiratory failure.

If you develop any of the following emergency warning signs for COVID-19, get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning before going to a clinic or urgent care center.

### CALL 911 IF YOU HAVE A MEDICAL EMERGENCY:

If you have a medical emergency and need to call 911, notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering that covers your nose and mouth to protect other people.

# Caring for Yourself (continued)

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## Clean all “high-touch” surfaces every day:

- Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a family member or caregiver clean and disinfect high-touch surfaces in other areas of the home.

## Monitor and treat your symptoms:

- Rest and stay hydrated.
- Check your temperature regularly.
- Over-the-counter pain relievers and cough suppressants or expectorants may help with symptoms. Get specific advice from your healthcare provider.

## CONNECT TO RELIABLE RESOURCES:

If you need assistance finding reliable resources for food/pharmacy delivery, transportation, in-home support, legal, financial, health care, advocacy, Lifesprk can help. Simply call the number below.

Call 952-345-8770  
or email [ShineOn@lifesprk.com](mailto:ShineOn@lifesprk.com)

