

Managing COVID-19 Symptoms at Home



1. Avoid leaving your home and quarantine yourself into one room of the house. Stay in a specific room and away from other people in your home.



2. Get plenty of rest and stay hydrated. Use over-the-counter medicine to treat fever.



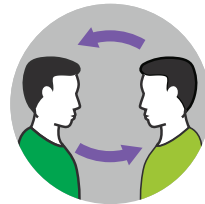
3. Monitor your symptoms. Seek prompt medical attention if your illness is worsening.*



4. Avoid contact with people who may be at risk for severe complications from COVID-19 illness.



5. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.



6. 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.



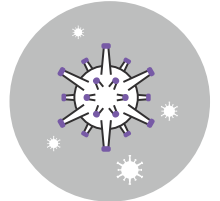
7. Clean and disinfect all surfaces that are touched often, like counters, tabletops, and doorknobs.



8. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.



9. Stay informed on the latest developments about COVID-19 by checking reliable sources such as www.cdc.gov.



10. If you have a medical appointment, call your provider ahead of time and tell them that you may have COVID-19.



***If you develop emergency warning signs get medical attention immediately.**

Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face



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Source: The Center for Disease Control.