

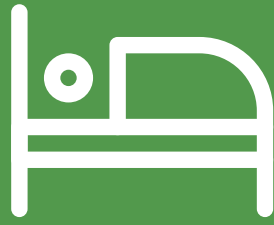
COVID-19 What To Do If You're Sick



Stay home, unless you need medical care and avoid public areas.

Stay in a separate room of your home, away from other family members and pets. If possible, also use a separate bathroom.

Try to stay at least 6 feet away from other people.



- Get rest and stay hydrated.
- Take over-the-counter medicines, such as acetaminophen to help you feel better.
- Stay in touch with your doctor. Call before you seek medical care.
- Be sure to seek medical care if you have any emergency symptoms such as shortness of breath.
- Always dial 911 if you feel you are having a medical emergency!



If you must be around other people or animals, wear a cloth face covering over your nose and mouth.

If you are not able to wear a cloth face covering, be sure to cover your coughs and sneezes in another way.

If possible, avoid public transportation, ride sharing or taxis.

Questions?
Contact us at:
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