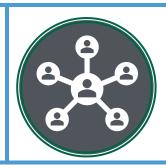# What Do I Do If I Am Sick?

Stay home except to see a doctor
- Call your doctor from home and make a plan to monitor any changes in your symptoms
- Most people do not need to go to a hospital
- If you are having trouble breathing, call 911
- Do not go to the store or ride public transportation

Stay away from people and pets at home
- Stay in your own room, call it your "sick room"
- Do not touch others
- Try not to touch things that others will touch
- If you must be near someone, wear a mask

Call your doctor
- Call your doctors and healthcare providers before you see them
- Tell your doctors how you feel and your symptoms
- Re-schedule doctor's appointments if not an emergency

Wear a mask
- Wear a cloth cover over your nose and mouth if you must be around anyone else
- Stay 6 feet away from other people with your mask on
- Do not touch your face

Wash hands, clean things you touch
- Wash hands often with warm water and scrub hands with soap for 20 seconds
- Clean things you touch in your sick room and bathroom with disinfecting cleaning spray (read directions on the bottle) every day

For more information see CDC's Steps to help prevent the spread of COVID-19 if you are sick:
https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf
Adapted from Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html