Continue to take steps to protect yourself

• Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
• Avoid close contact with people who are sick.
• Avoid touching your eyes, nose, and mouth with unwashed hands.
• Clean all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

Continue to take steps to protect others

• Stay home if you’re sick.
• Cover coughs and sneezes.
• If available, wear a facemask if you are sick.

Monitor any symptoms:

• Note the day your symptoms begin.
• Check your temperature two times a day.
• Keep a daily record of fever, cough, and additional respiratory symptoms.
• Seek further evaluation from a healthcare provider via telemedicine or in-person if your symptoms get worse. Call ahead before visiting your doctor.

Seek medical attention immediately if you develop any of the following emergency warning signs for COVID-19 or other medical emergencies:

- Extremely difficult breathing
- Bluish lips or face
- Constant pain or pressure in the chest
- Severe constant dizziness or lightheadedness
- Acting confused
- Difficult to wake up
- Slurred speech (new or worsening)
- New seizure or seizures that won’t stop

This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

For medical emergencies, call 911 & notify the dispatch personnel that you may have COVID-19.