



# COVID-19 Home Care Guide

*Hawaii Department of Health*

If you begin to develop a fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your illness at home.

## 5 Steps to Follow if you Feel Sick

### 1. Stay home



- Avoid contact with others. Do not go to work, school, or public places
- Try to have a family member or friend deliver food, medicine, and other essentials

### 2. Monitor your symptoms



- If your symptoms get worse call your healthcare provider
- For medical emergencies, call 911

### 3. Isolate yourself from others in your household



- Stay in a separate room and use a separate bathroom, if possible
- If you must be around other people, wear a facemask
- Avoid touching things around the house and sharing personal items

### 4. Get lots of rest and stay hydrated



- Avoid physical activity and drink lots of fluids
- Try to eat healthy foods to get the nutrients you need to recover

### 5. Avoid spreading your germs



- Wash your hands often with soap and water
- Cover your cough and sneezes and dispose of tissue immediately
- Clean surfaces frequently with disinfectant products

For more detailed information, visit the CDC's website:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

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