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](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html) Updated September 15, 2021