



10 things you can do to manage your COVID-19 symptoms at home


If you have possible or confirmed COVID-19:

1.  **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.


2.  **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.


3.  **Get rest and stay hydrated.**


4.  If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.


5.  For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.

6.  **Cover your cough and sneezes.**

7.  **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8.  As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.

9.  **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

10.  **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

For the latest updates and additional information on COVID-19, please visit [NRMChospital.org](https://www.nrmhospital.org).

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