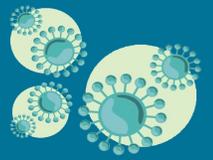# What to do if you are sick, or think you are sick, with COVID-19.

Follow the steps below if you are sick with COVID-19 or think you might have it to help protect other people in your home and community, *and* prevent the spread of the virus.

Stay home except to get medical care

- People who are mildly ill with COVID-19 are able to recover at home. Do not leave except to get medical care **if you are told to come in.**
- Stay in touch with your doctor by phone.
- Do not visit public places.

Separate yourself from other people in your home, this is known as "home isolation."

- Stay away from others as much as possible. As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- Do not share plates, utensils, food/drink, or other household items.

Call ahead before visiting your doctor

- If you feel sick, call before visiting your doctor. You may not need to be seen.
- As many appointments as possible are being done over the phone, please expect a phone appointment unless your doctor tells you otherwise.

Wear a facemask if you are sick

- If you are sick, you should wear a facemask when you are around other people.
- If you are sick, you will be required to wear a face mask when visiting any of our clinics.

Cover your coughs and sneezes

- Cough or sneeze into your elbow or use a tissue, then immediately through that tissues away. Do not reuse tissues.

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds.

Clean all "high-touch" surfaces daily

- Clean high-touch surfaces in your "clean room" and around the house as often as possible(phones, remotes, doorknobs, toilets, bedside tables, etc.).

Monitor your symptoms

- If your illness is gets worse **call your doctor immediately** and follow their instructions.

Call 911 if you have a medical emergency:
If you have a medical emergency and need to call 911, notify the operator that you have or think you might have COVID-19.

How to stop home isolation and return to normal activity

- People with **COVID-19 who have stayed home (home isolation) can return to normal activity** under the following conditions:
  1. You have had NO fever for the last 72 hours (3 days) without the use of medicine **AND**
  2. other symptoms have improved **AND**
  3. at least 7 days have passed since your symptoms first appeared.

Family Health
La Clinica