

How to Care for Yourself at Home If You Become Sick with COVID-19

Self-quarantine in your home and isolate yourself from others. Do not share bathrooms or take public transportation.

Rest and drink plenty of fluids — water, tea, juice, ginger ale, soups. Be mindful of how much sugar or salt they contain, especially if you have diabetes or high blood pressure.

As always, WASH your hands thoroughly with soap and water. Cough and sneeze into your elbow. Deposit used tissues in the trash.

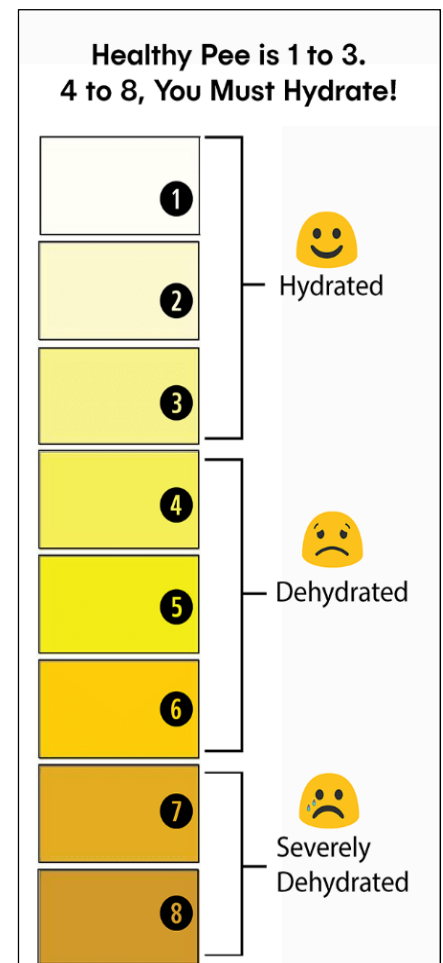
Clean and sanitize any shared surfaces (doorknobs, appliances, etc.). Use detergent to clean, then spray or wipe surfaces with a disinfectant. Allow surfaces to fully air dry.

➤ **Make your own disinfectant** by mixing 1/3 cup of bleach per gallon of water, or 2 tablespoons of bleach per quart.

Treat symptoms with cough medication and pain relievers such as acetaminophen (e.g., Tylenol). There currently are no anti-viral medications to treat COVID-19.

Stay hydrated. Drink fluids in small, frequent amounts. Use the chart to monitor your level of hydration, and be sure the color of your urine is always within the 1 to 3 range.

Monitor your symptoms, and keep your doctor and your SASH staff up to date.



WHEN TO CALL YOUR DOCTOR: Fever and chills, cough, shortness of breath

➤ **Symptoms of a fever:** Temperature over 100.4° F, chills and shivering, body aches, headache, sweating, loss of appetite, irritability or confusion, general weakness. **DRINK FLUIDS!**

WHEN TO CALL 911: Difficulty breathing, chest pain, confusion, blueish lips