



# Flu and COVID-19

## Home Care Instructions

It is important to remember to follow the CDC guidelines for self isolation, which can be found at [cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html).

**If you are mildly ill:** If your symptoms are mild, the best thing you can do is stay home. We recommend isolating yourself as much as possible from others. After the onset of symptoms, you should stay home for 14 days.

Do not go to work, school or public areas. In addition, avoid all public transportation.

While at home, you should also try to isolate yourself as much as possible from your family and pets. If possible, stay in a different bedroom and use a separate bathroom from others.

**Monitoring your symptoms:** Seek medical attention if your symptoms worsen (for example, if you have difficulty breathing).

If you seek care, alert your healthcare provider and tell them you are being evaluated for COVID-19.

**Visiting a doctor:** If you need to visit a physician, call ahead so the provider can take precautions to ensure others do not get infected or exposed.

Ask your healthcare provider to call the local or state health department. If you are placed under active monitoring or self-monitoring, you should follow the instructions provided by your local health department.

**Protecting others in your home:** If you are sick, wear a face mask when you are around others, and cover your coughs and sneezes.

If you have to care for others who are sick in your home (and they can't wear a face mask), try to avoid staying in the same room as the person who is sick. Wear a mask if you enter the room of the sick individual.

**Personal hygiene tips:** Make sure you dispose of used tissues in a lined trashcan.

Frequently wash your hands, especially after blowing your nose, coughing, going to the

bathroom and before eating. Use soap and warm water for at least 20 seconds.

If soap and water are unavailable, use hand sanitizer that is at least 60 percent alcohol.

If you use hand sanitizer, rub your hands together until they feel dry. Avoid touching your eyes, nose and mouth with unwashed hands.

**Disinfecting your home:** Clean and disinfect all high-touch surfaces in your home. These include:

- » Counters
- » Tabletops
- » Doorknobs
- » Bathroom fixtures
- » Toilets
- » Phones
- » Keyboards
- » Tablets
- » Beside tables

Clean these surfaces with a household cleaning spray or wipe.

**Protecting pets:** We don't have official reports of pets getting sick from COVID-19, but out of an abundance of caution, we recommend limiting your contact with animals.

If you have to care for your pets yourself, wash your hands before and after interacting with them and wear a face mask.

**When to stop isolation:** You should stay home until you are instructed to leave by your healthcare provider or state and local health departments.