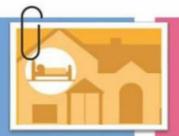


COVID-19 I'm Sick. What Should I Do?

Follow these steps to help prevent the disease from spreading to people in your home and community.

SELF-ISOLATE







- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Avoid sharing personal household items (dishes, utensils, towels, etc.)
- Call ahead before visiting a health care provider
- · Wear a face mask around others (sharing a room or vehicle)
- · This will protect others from getting infected

MONITOR FOR **SYMPTOMS**



- If your illness worsens, seek medical care, but call ahead first
- Tell the health care provider about your symptoms

COVER AND CLEAN



- · Cover your coughs and sneezes
- · Wash your hands with soap and water for at least 20 seconds
- If soap and water are not available, clean your hands with an alcohol-