

Key Points to Remember



Stay at home and separate yourself from others

- Stay at home until your isolation period is over.
- Stay in a room away from other household members if possible. Use a separate bathroom if you have one.
- Do not share dishes/utensils, towels, or bed sheets with others in your home.



When to call 911

Call 911 if you have:

- Trouble breathing
- Pain or pressure in the chest
- New confusion or trouble waking up
- Blue lips



Wear a facemask if you must be with others

- If you must be in a room with others, you and the others in the room should cover the nose and mouth with a facemask. You must also use a facemask if you go out to an essential appointment.



Wash your hands

- Wash your hands often with soap and water for at least 20 seconds.
- Wash your hands right after you have sneezed, coughed, or blown your nose, before eating, and when your hands look dirty.



Cover coughs & sneezes

- Cover your nose and mouth with a tissue when you sneeze or cough.
- Put used tissues in the trash. Then wash your hands.



Clean & disinfect

- You (the patient) should clean your personal space and your bathroom if you can. Someone else in the home should clean areas that are touched by everyone.
- Clean with soap and water or a household cleaner, then disinfect.
- To disinfect, use a household disinfectant or a mix of 5 tablespoons of concentrated bleach with one gallon of water. Use gloves. Never mix bleach with ammonia or any other cleaners.

Please call your doctor or nurse practitioner if you have any other symptoms that worry you or if you have any questions about your care.

Use a Facemask to Help Slow the Spread of COVID-19

Who should wear a facemask?

All people should wear a facemask when going out in public. At home, people who are sick should wear a facemask if they are in the same room with others, and the other people in the room should wear one too.

What is a facemask?

A facemask can be a cloth or disposable mask. Cloth masks should be made of multiple layers of tightly woven fabric. (The fabric should block light when held up to a light source.) Disposable masks should also have multiple layers. Both types should have a nose wire if possible and should fit snugly over your nose and mouth, with no gaps on the top, bottom, or sides.

For more on masks

Refer to information from the Centers for Disease Control and Prevention at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



Dos and Don'ts for facemasks

DO:

- Make sure you can breathe through it
- Wear if you must be out in public and any time you are close to others
- Make sure it fits well to your face, covering your nose and mouth with no gaps
- Wash a cloth facemask each day and any time it is wet or dirty, and dry the facemask before putting it on

DO NOT:

- Touch your eyes, nose, or mouth when you take off the facemask
- Touch the front part of the facemask when taking it off
- Use for kids less than two years old
- Use if you have trouble breathing
- Use facemasks with exhalation valves or vents
- Use single layer facemasks