The American Hospital Association recommends the following actions to help prevent the spread of coronavirus.

What To Do If You Are Sick — Stay Home

- **Call Ahead: If you have a medical appointment, call your doctor's office or emergency department, and tell them you may have COVID-19. This will help the office protect staff and other patients.**

- People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.

- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.

- Avoid using public transportation, ride-sharing, or taxis.

- As much as possible, stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.

- Restrict contact with pets and other animals, just as you would around other people.

What To Do If You Are Sick — Limit Spread

- Wear a face mask when you are around other people and before you enter a health care provider's office.

- Cover your mouth and nose with a tissue when you cough or sneeze.

- Dispose of used tissues in a lined trash can.

- Immediately 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-based hand sanitizer that contains at least 60% alcohol.

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

- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Do not share dishes, drinking glasses, cups, eating utensils, towels or bedding with others in your home.

- Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

- If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

What To Do If You Are Sick — Seek Help From Health Care Providers

- Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).

- Before going to the doctor's office or emergency department, call ahead and tell them your symptoms. They will tell you what to do.

- If possible, wear a facemask before you enter the building. If you can't put one on, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.

- Follow care instructions from your health care provider and local health department: Your local health authorities will give instructions on checking your symptoms and reporting information.

Resources

- *www.cdc.gov*

- **What to Do if You Are Sick:** *www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html*

- **Interim Infection Prevention Guidance for Suspected COVID-19 Cases:** *www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Finfection-control.html*

- **Red Cross COVID-19 Preparedness:** *www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html*

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