When should I seek emergency care?

If you have any of these emergency signs, get medical care right away or call 911:
- Trouble breathing
- Pain or pressure in the chest that does not go away
- Becoming newly confused
- Trouble waking up or staying awake
- Pale, gray, or blue-colored skin, lips, or nail beds (depending on your skin tone)

This list does not include all possible symptoms. Check the CDC website regularly for an updated list.

What should I do if my illness is mild (not serious enough to go to the hospital)?

Stay home except to get medical care
- Most people can recover at home. Do not go in public except to get medical care.
- Get rest and stay hydrated. Take over-the-counter medications like acetaminophen (Tylenol).
- Avoid public transportation or ride-sharing.

6 feet
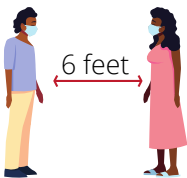
Separate yourself from other people in your home
- When possible, stay in a separate room by yourself. Use a separate bathroom, if possible.
- Tell your close contacts they might have been exposed to COVID-19. You probably started spreading COVID-19 two days before you felt the symptoms.
- Clean and disinfect surfaces you touch frequently (doorknobs, counters, faucets, etc.)

Keep track of your symptoms
- Symptoms of COVID-19 can be found on the CDC's website.
- Follow instructions from your provider or local health department.
- Stay in touch with your doctor. Call before you get medical care unless it is an emergency.
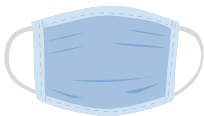
Wear a face mask around other people
- If you must be around other people or animals, wear a face mask over your mouth and nose.
- You do not need to wear a mask if you are alone.

Cover your coughs and sneezes
- Use a tissue or your elbow to cover your nose and mouth when sneezing or coughing.
- Wash your hands with soap and water for 20 seconds right after you cough or sneeze.

Keep isolating at home until you know it is safe to stop
- Follow these guidelines for when you can be around other people again.

KEEP YOUR DISTANCE