

What To Do if You Are Sick

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

- You should restrict activities outside your home, except for getting medical care
- Do not go to work, school, or public areas
- Avoid using public transportation or ride-sharing

Call ahead before visiting your doctor

- If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19

Monitor your symptoms

- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing)
- **Before** seeking care, call your healthcare provider and tell them that you have, or being evaluated for, COVID-19
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for, COVID-19

Separate yourself from other people and animals in your home

- **People:** You should stay in a specific room and away from other people in your home
- **Animals:** Do not handle pets or other animals while sick

Avoid sharing personal household items

- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding
- After using these items, they should be washed thoroughly with soap and water

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze
- Throw used tissues in a lined trash can

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are unavailable, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands

Clean all “high-touch” surfaces every day

- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables
- Use household cleaning spray or wipe, according to the label instructions
- When applying the product, wear gloves and make sure you have good ventilation

Discontinuing home isolation

- Patient with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low

[AustinTexas.gov/COVID19](https://www.austintexas.gov/COVID19)

