

What You Should Do to Protect Others If You Have or May Have Coronavirus (COVID-19)

Stay home unless you need medical care.

Don't go to work, school, or public areas. And avoid using public transportation (buses, ride-sharing, or taxis).

Stay at home until your provider determines that you are no longer at risk of giving the virus to others.

Clean your hands often.

Use soap and water if you can see dirt on your hands, and wash for at least 20 seconds. Otherwise, you can use a hand sanitizer that has 60 to 95% alcohol in it. Rub it over all the surfaces of your hands until dry.

Regularly clean surfaces that you touch.

Clean counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards, and other things that you touch a lot. Also, clean any surfaces that have your blood, stool, or body fluids on them.

Use a disinfecting household spray or wipe and follow the instructions for safe use.

Wash laundry thoroughly, especially anything that has your blood, stool, or body fluids on it. Dry at the warmest recommended temperature.

Cover your face when you cough or sneeze.

Cover your mouth and nose with a tissue or with the inside of your elbow and arm when

you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands.

Separate yourself from others in your home.

If possible, use a separate bedroom and bathroom. Don't have visitors, unless they need to be there. Also, don't handle pets or other animals. This might transfer the virus to others.

Don't share household items.

Avoid sharing dishes, drinking glasses, cups, silverware, towels, or bedding with others. If you use these items, wash them thoroughly with soap and water.

Wear a facemask when around other people.

If you are not able to wear a facemask, other people should not stay in the same room with you, or they should wear a facemask if they enter your room.

If you need medical help, tell your provider that you have or are suspected of having COVID-19 before you go in for help. And put on a facemask before you enter the facility. This will help keep others from being exposed or infected.

If you have a medical emergency, tell the 911 operator that you have or may have COVID-19. If possible, put on a facemask before the emergency team arrives.