

10 things you can do to manage your COVID-19 symptoms at home/isolation area

If you have possible or confirmed COVID-19:

1. **Stay home** or in the designated isolation area, and stay away from work, school and other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call your healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, **call your local UN hotline number at** _____ and notify over the telephone that you have or may have COVID-19.



6. **Cover your cough and sneezes** with tissue. Throw used tissues properly and wash your hands after.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

