**Confirmed or Suspected COVID-19**

**Five Best Practices for Keeping Yourself and Those Around You Safe**

1. **Quarantine Yourself at Home for At Least 10 Days**
   - Only leave your home to get medical care.
   - Separate yourself from others in the home by staying in a specific room and, if possible, using a designated bathroom.
   - If necessary, select a designated caregiver who will limit interactions with others in the home.

2. **Wear a Cloth Covering Around Your Nose and Mouth**
   - If you must be around other people within your home, wear a cloth face mask over your nose and mouth.
   - Use a scarf, bandana, or other cloth covering if you do not have access to a cloth mask.
   - Cover your mouth during coughs and sneezes if you are not wearing a cloth mask.
   - If you are alone, a cloth face mask is not necessary.

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**Tips for Shared Rooms and Tight Quarters**

- Maintain six feet between people and beds.
- Make sure the room has good air flow (for example, open windows, turn on a fan).
- Sleep head to toe.
- Hang a blanket or shower curtain as a physical room divider.
**AVOID CONTACT TRANSMISSION**
- Frequently wash your hands with soap and water for at least 20 seconds.
- Use hand sanitizer, but only if soap and water are not available.
- Clean and disinfect “high-touch” surfaces frequently, such as door handles, remote controls, phones, tabletops, keyboards, and light switches.
- Do not touch your face or other “high-touch” surfaces with unwashed hands.

**MONITOR YOUR SYMPTOMS AND SEEK EMERGENCY MEDICAL ATTENTION IF NEEDED**
- Most people with COVID-19 have mild illness, but seek emergency medical care for the following symptoms:
  - Difficulty breathing.
  - Persistent pain or pressure in the chest.
  - New confusion.
  - Inability to wake or stay awake.
  - Blue tint to face or lips.
- Notify the 911 operator or your local emergency clinic in advance that you have or may have COVID-19.
- Stay in touch with your health care provider and contact them with any other concerns about symptoms.

**FOLLOW THESE INSTRUCTIONS UNTIL IT’S SAFE TO BE AROUND PEOPLE**
- If you had COVID-19 symptoms, you can be around other people after:
  - 24 hours with no fever AND symptoms have resolved AND 10 days since symptoms first appeared.
- If you tested positive for COVID-19, you can be around other people after:
  - 10 days have passed since positive test.

**LEARN MORE**
- CDC: https://www.cdc.gov/coronavirus/2019-ncov
- Seek out local governmental resources and health departments.

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