CONFIRMED OR SUSPECTED COVID-19
FIVE BEST PRACTICES FOR KEEPING YOURSELF AND THOSE AROUND YOU SAFE

1 QUARANTINE YOURSELF AT HOME FOR UP TO 14 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.

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 or 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, table tops, 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 were around a person with COVID-19, you can be around other people after: 14 days since close contact.
- If you had COVID-19 symptoms, you can be around other people after:
  - 24 hours with no fever AND symptoms improving* AND 10 days since symptoms first appeared.
  *except for loss of taste and smell, which may last for weeks or months.
- If you tested positive for COVID-19, you can be around other people after: 10 days have passed since positive test.

LEARN MORE

- Seek out local governmental resources and health departments.

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