What to do if:
You have confirmed or suspected coronavirus (COVID-19)

Follow the steps on this handout to help stop COVID-19 from spreading to others if you are sick and:

- Have been diagnosed with COVID-19
- Are suspected to have COVID-19 because you have been exposed to someone with COVID-19 or have COVID-19 like symptoms

Symptoms of COVID-19 are:

- Fever
- Cough
- Shortness of breath

You might have COVID-19 if you were exposed to someone with the virus or if you have symptoms.

Stay home except to get health care

- Do not go outside your home, except for health care.
- Do not go to work, school, or public places.
- Do not use public transportation, ride-sharing, or taxis.
- Stay away from other people and animals in your home as much as possible:
  - **People:** Stay in one room and away from other people in your home. Use a separate bathroom, if possible.
  - **Animals:** Stay away from pets and other animals while you are sick. Have someone else in your home care for your animals. If you must care for your pet(s), wash your hands before and after you touch or care for them.
Call before going to your doctor
Call your doctor’s office and tell them you have COVID-19 like symptoms. This will help them take steps to keep other people from being infected or exposed.

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 right away.

Clean your hands often
- Wash your hands often with soap and water for at least 20 seconds.
- If you do not have soap and water, clean your hands with an alcohol-based hand sanitizer with at least 60% alcohol. Cover all parts of your hands and rubbing them together until they feel dry.
- Soap and water are best if your hands are visibly dirty.
- Do not touch your eyes, nose, or mouth with unwashed hands.

Do not share items in the home
Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed well with soap and water.

Clean all “high-touch” surfaces each day
High-touch surfaces are counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe. Follow the label instructions for safe use.

Watch your symptoms
Get health care right away if your illness is getting worse, such as having trouble breathing.

Call your doctor’s office and tell them you have or are being checked for COVID-19, before getting care. Put on a face mask before you enter the building. This will help them keep other people in the office or waiting room from getting sick.
Stay home and away from others in the house until:

- You do **not** have a fever for at least 72 hours. That is 3 full days of no fever without the use of medicine that lowers fevers
  - **And**
- Other symptoms are better, such as your cough or shortness of breath
  - **And**
- At least 7 days have passed since your symptoms first started

Talk with your employer about when you are able to go back to work.

**Call:**

- 911 if you have an emergency
- 319-384-8819 if you are well and have general questions about COVID-19
- 319-384-9010 or visit MyChart if you have symptoms or would like to see a provider or schedule a video visit

Go to cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html for others in your home, intimate partners, and caregivers to learn more.