WHAT TO DO IF SOMEONE IN YOUR HOME HAS COVID-19

1. **Schedule a COVID-19 test**
   If you or someone you live with feels ill or believes they may have COVID-19, the first step is to schedule a COVID-19 test via MyChart. Call 319-384-9010 if you are not a MyChart user and would like to speak to a provider.

2. **Stay home**
   If you or someone you live with tests positive for COVID-19, stay home. If ill, you should not leave your home except to receive medical care. Use separate rooms (and bathrooms) of your home to avoid contamination and spread.

3. **Let others know**
   You may need to let your place of work, your child’s school or daycare, or others that you’ve been around recently know that someone in your home has tested positive for COVID-19.

4. **Disinfect surfaces**
   Clean and disinfect high-touch surfaces and items every day. These include doorknobs, light switches, faucets, toilets, tables and electronics.

5. **Use separate personal items**
   Use separate personal items like dishes, toothbrushes, and bedding from ill household members.

6. **Monitor your own health**
   When caring for a sick household member, remember to follow precautions and monitor your own health by checking your own temperature daily. If you begin to experience COVID-19 symptoms, schedule a COVID-19 test via MyChart or by calling 319-384-9010.

7. **Use preventative actions**
   Continue to practice everyday preventive actions including wearing a face mask, social distancing, and frequently washing your hands.

8. **Stay informed**
   Stay informed about the local and state outbreak situation by checking local, state, and national resources.

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