

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



## 1 Talk to a provider



If you or someone you live with feels ill or believes they may have COVID-19, the first step is to talk to a provider from the comfort and safety of your own home using your phone or computer. You can schedule a telehealth video or phone visit with one of our providers.

## 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 reach a fever of 100.4°, contact your health care provider.

## 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.