

What to do if you are sick with COVID-19

If you are sick with COVID-19 or you suspect you are infected, follow the steps below to help prevent the disease from spreading within your home and community.

Home isolation

Stay home and separate yourself from other people. It is best to stay in another room if possible, since the virus is spread through droplets when people sneeze or cough. If you cannot separate yourself from others in your home, it's likely that everyone in the household will be exposed to COVID-19.

Do not allow visitors at home while you are sick. Do not go to work, school, or crowded places.

Wear a facemask

If you do have to be around other people, like sharing a room or going to the clinic, **wear a mask**.

Cover coughs and sneezes

Cover your coughs and sneezes, and **avoid touching your face**. This will help you keep your germs to yourself and away from other people.

Clean hands often

Wash your hands often. It's best to use soap and running water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol can be used. If you use a handwashing basin, make sure to change the water during the day. Consider adding a small amount of bleach (1 tsp to ½ gallon water) so that germs don't grow.

Clean "high touch" surfaces

Clean high touch surfaces around the house, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

Medical care

If your illness gets worse and you need medical care, **call ahead before seeking care**. Tell them you have or think you have COVID-19. In villages, call your village clinic. In Bethel, call **543-6949**. Be sure you wear a facemask.

End home isolation

Talk to your medical provider for specific advice. Generally, you may **end home isolation** when your symptoms have improved and you've had no fever for at least 3 days or at least 7 days after your symptoms first appeared.

For more information: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>