

# 10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your doctor. They may tell you to manage your care from home. Follow these tips:

## 1. Stay home until:

- It has been at least 10 days since your symptoms began **AND**
- You have had no fever for 3 days without any medicine for fever **AND**
- Your symptoms have improved.



## 6. When you cough or sneeze, cover your mouth with a tissue and throw it away.



## 2. Monitor your symptoms carefully. If your symptoms get worse, call your doctor immediately.



## 7. Wash your hands often with soap and water for at least 20 seconds.



## 3. Get rest and drink a lot of fluids.



## 8. As much as possible, stay away from other people, stay in a separate room and use a separate bathroom. Wear a mask when you are near others.



## 4. Before you go to the doctor, call and tell them that you have or may have COVID-19.



## 9. Avoid sharing any household items, including food.



## 5. For emergencies, call 911. Tell them that you have or may have COVID-19.



## 10. Surfaces that you touch often should be cleaned every day.



Call 211 or go to [211info.org](https://www.211info.org) to find other resources.

VISIT [MULTCO.US/COVID19](https://www.multco.us/covid19) FOR THE LATEST UPDATES

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Adapted from the CDC and the NC Department of Health and Human Services flyers, both titled "10 ways to manage respiratory symptoms at home".