

# 10 THINGS YOU CAN DO TO MANAGE YOUR RESPIRATORY ILLNESS AT HOME

## If you have possible or confirmed COVID-19 or other respiratory illness:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your health care provider immediately.



3. **Get rest and drink lots of fluids.**



4. **Call ahead before going to a health care provider.** Tell them your symptoms so they can advise you of next steps.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes** into a tissue or use your elbow.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a face mask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



If you have additional coronavirus questions or concerns, please call the Prince George's County Health Department's coronavirus hotline at (301)883-6627 from 8:00am - 8:00pm.

\*Please contact 911 for medical emergencies only.

For more information visit:


[health.mypgc.us/coronavirus](https://health.mypgc.us/coronavirus)

<https://coronavirus.maryland.gov/cdc.gov>



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