What to do if you are sick with the novel coronavirus (COVID-19)
March 17, 2020

If you are sick and have tested positive for COVID-19 infection, or suspect you have COVID-19 infection, you should follow the home isolation instructions below. These steps will help prevent the disease from spreading to others in your household and community. The most common symptoms of COVID-19 are fever, cough, and/or shortness of breath.

Stay home except to get medical care
You should not go outside your home except if you need medical care. Do not go to work, school, or public areas, and do not use public transportation, Uber/Lyft, or taxis. If seeking medical care, always call ahead to alert the healthcare provider that you have or may have COVID-19.

Separate yourself from other people and animals in your home
As much as possible, you should stay in a different room from other people in your home. You should use a separate bathroom, if available. The CDC currently recommends keeping 6 feet between yourself and others, if possible. Prohibit visitors to your home as much as possible.

Wear a face mask
You should wear a face mask when you are around other people (e.g., sharing a room or vehicle), pets, and before you enter a healthcare provider's office. If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a face mask if they enter your room.

Appropriate hygiene
Wash hands often with soap and water for at least 20 seconds. If handwashing with soap is not possible, use alcohol-based sanitizer with at least 60% alcohol to thoroughly cover all surfaces of your hands, then rub until they feel dry. Avoid touching your mouth, eyes, or nose with unwashed hands. If you cough or sneeze, do so into your elbow or use a tissue to cover your mouth.

Avoid sharing household items
You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

Clean "high-touch" surfaces frequently
Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms
If you develop worsening symptoms (i.e. difficulty breathing) you should seek prompt medical attention. Be sure to call your healthcare provider before seeking care and tell them that you have been diagnosed with COVID-19. Wear a facemask before entering the healthcare facility to protect other patients and staff from being exposed.

We protect lives.

If you have a medical emergency, call 911. Notify emergency services that you have COVID-19 infection. Put on a facemask if possible before emergency services arrive.

Discontinuing home isolation
If you suspect you have COVID-19 or have tested positive for COVID-19 you should remain under home isolation precautions for 7 days from the date your symptoms began, or until 72 hours after your fever is gone and your symptoms have gotten better, whichever is longer.

CDC guidance: https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html
Contact information for the Georgia Department of Public Health (DPH): 1-866-PUB-HLTH (782-4584)

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