

# INSTRUCTIONS

## For possible COVID-19

You may have Coronavirus 2019 (COVID-19) or another virus. The symptoms in most cases are like those of a common cold (fever, cough, sore throat). Most people with COVID-19 have a mild illness and should stay at home. Please read the information below to protect yourself, your family, and the community.

### DOs

- ✓ Stay at home and rest.
- ✓ Drink lots of fluids (like water).
- ✓ Take acetaminophen (such as Tylenol) for pain and fever, every 6 hours—or as directed on the bottle.
- ✓ Cover your cough and sneezes with a tissue or your arm.
- ✓ Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- ✓ Clean and disinfect objects and surfaces that are frequently touched (like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and night tables).
- ✓ Wear a mask when you are around others who live with you.
- ✓ Keep track of updates and advice from the NYC Department of Health and Mental Hygiene and the Centers for Disease Control.
- ✓ Call your primary care provider and your employer before returning to work.

### DON'Ts

- × Leave home.
- × Take public transportation (like the subway or bus).
- × Touch your eyes, nose, and mouth with unwashed hands.
- × Be in close contact with people who are sick.
- × Have unnecessary contact with others until 7 days after your symptoms began or until you have been free of fever for 3 days—whichever is longer. Do not let anyone visit you at home.
- × Share your personal items such as dishes, drinking cups, eating utensils, towels or sheets.
- × Share living space with someone who is at high risk for COVID-19. Persons at high risk include those who are pregnant, over 50 years of age, or have a chronic medical condition (such as heart disease, diabetes, or lung disease). If that is not possible, try to stay at least 6 feet away.
- × Let anyone visit your home while you have a fever or cough.

### TO SEEK MEDICAL CARE:

Call 911 if you think it is an emergency or if you have trouble breathing.

- Call your primary care provider or 1-844-NYC-4NYC (1-844-692-4692) if you have questions or feel worse.

