

Be Red Cross Ready

Prepare so you can protect.



What to Do If You Are Sick

If you have a fever, cough or [other symptoms](#), you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider immediately.

- If you are sick, stay home, self-isolate, contact your healthcare provider for advice, then follow their advice, and monitor your symptoms.
- **If you have [an emergency warning sign](#) (including trouble breathing), get medical attention right away.**

Symptoms of COVID-19 include:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Older adults and people of any age who have serious underlying medical conditions may be at [higher risk](#) for more severe illness. For information for individuals at higher risk for severe illness, see [cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html)

For more information on what to do if you are sick, see [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html).

Stay Home, Self-Isolate, and Contact Your Healthcare Provider

Stay home to avoid getting others sick. Do not go to work, school, or public places, and avoid public transportation, ridesharing or taxis.

Separate yourself from other people and pets in your home. As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available. Additional guidance is available if you are living in [close quarters](#) or [shared housing](#).

Call a healthcare provider for medical advice. Then, follow their advice, and monitor your symptoms.

As you self-isolate at home:

- **No visitors, other than caregivers.**
- **Monitor yourself according to your healthcare provider’s instructions.** Take care of yourself (rest, hydration).
- **Avoid sharing personal household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people in your home. Wash these items thoroughly after using them with soap and water or put in the dishwasher.
- **If you can, wear a [cloth face covering](#) or a mask over your nose and mouth if you must be around other people or animals, including pets (even at home).** You don’t need to wear it if you are alone. Try to stay at least 6 feet away from other people. This will help protect the people around you. Remember, cloth face coverings and masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **Cover your coughs and sneezes.** Cover your mouth and nose with a tissue when you cough or sneeze. Throw away used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds. Soap and water are

always preferable, but if they are not available, use a hand sanitizer that contains at least 60% alcohol. If you are without a tissue, cough into your upper arm and then wash your upper arm.

- **Clean your hands often with soap and water for at least 20 seconds.** Handwashing is especially important after blowing your nose, coughing, sneezing, going to the bathroom and before eating or preparing food. Soap and water are always preferable, but if they are not available, use a hand sanitizer that contains at least 60% alcohol. When using hand sanitizer, make sure to cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **On your own, clean AND disinfect frequently touched surfaces in your “sick room” and bathroom every day.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Use detergent or soap and water prior to disinfection. Let someone else clean and disinfect surfaces in other areas of your home, but not in your sickroom and bathroom. If a caregiver needs to clean and disinfect your sick room and bathroom, they should do so on an as-needed basis, and wear a mask and disposable gloves.
 - Detailed information at [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html).
 - Follow the manufacturer’s instructions for all cleaning and disinfectant products (e.g., concentration, application method and contact time, etc.). Most common [EPA-registered household disinfectants](#) will work. Alternatives include:
 - Diluted household bleach: Mix 5 tablespoons (1/3 cup) bleach per gallon of water; or 4 teaspoons bleach per quart of water. Make sure you have proper ventilation and that the bleach is not expired.
 - Alcohol solutions: Ensure your solution has at least 70% alcohol.

Get Medical Attention Immediately

If you develop signs of your illness worsening or of a life-threatening condition, get medical attention immediately.

- **Call 911 if you have a medical emergency.** Inform the dispatch operator that you have or may have COVID-19. Put on a cloth face covering or mask, if possible, before help arrives.
- **If your symptoms are worsening, contact your healthcare provider.** Before going to the healthcare provider’s office, call ahead and tell them your symptoms, they will tell you what to do.

If possible, put on a cloth face covering or mask when you leave your room. Keep a safe distance (at least 6 feet away) from other people.

Follow care instructions from your health care provider and local health department.

Additional Resources

- **Center for Disease Control:** [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
- **American Red Cross:** [redcross.org/coronavirus](https://www.redcross.org/coronavirus)
- **National Disaster Distress Helpline:** Available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text **TalkWithUs** to 66746 to speak to a caring counselor. TTY 1-800-846-8517. **Spanish Speakers.** Call 1-800-985-5990 and press "2" From the 50 States, text **Hablanos** to 66746. From Puerto Rico, text **Hablanos** to 1-787-339-2663
- **If you are feeling overwhelmed** with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

If you have any of these **emergency warning signs*** for COVID-19 get **medical attention immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.