

# What to Do When Sick

If you are sick with a fever, cough, or shortness of breath, you might have COVID-19. Take care of yourself and help prevent other people from getting sick.



**Get rest and stay hydrated.**



**Monitor your symptoms.**

- If your symptoms get worse, ask someone to contact a healthcare provider. Let them know that you have or might have COVID-19.
- For medical emergencies, call 911 and let them know that you have or might have COVID-19.



**To keep others from getting sick, separate yourself from other people until your fever has been gone for at least 3 days and it has been at least 1 week since your symptoms started.**



**While you are separating yourself, make sure to**



- Avoid common areas or areas where many people gather.
- Stay at least 6 feet away (about two arm lengths) from other people.
- If you usually sleep close to someone else, make a space for yourself (or ask for help to make a space) by using dividers like sheets, curtains, or other barriers.



- If you can, use a different bathroom from other people.
- If you must be around other people, wear a mask if you have one. Or, if you are requested to wear a mask, please do.



**Cover your coughs and sneezes.**



**Wash your hands often and thoroughly with soap and water for at least 20 seconds.**

**Avoid sharing personal items (like clothes, dishes, or cigarettes) with other people.**



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)