



Steps to help prevent the spread of COVID-19 if you are sick

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.



Stay at home until instructed to leave by your healthcare provider and approved by the state and local health departments.



Stay away from other people and animals in your home.

- **Stay in one room** away from other people, and use a separate bathroom, if available.
- **Limit contact with pets & animals.** Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended to limit contact with animals until more information is known. When possible, have another member of your household care for your animals while you are sick.



Call ahead before visiting your doctor or hospital and let them know you have or may have COVID-19.



Wear a facemask if you are sick when you are around others or going to a medical office.

- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live with the person who is sick should not stay in the same room with them, or they should wear a facemask if they enter a room with the person who is sick.



Cover your coughs and sneezes with a tissue.

- Do not keep used tissues.
- Immediately wash your hands with soap and water for at least 20 seconds.

See Other Side →



Clean your hands often.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food.
- Use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.



Avoid sharing personal household items such as dishes, utensils, towels or bedding with people and pets. Wash thoroughly with soap and water after use.



Clean and disinfect frequently touched surfaces daily.

- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.
- Disinfect areas with bodily fluids.
- Use a household cleaning spray or wipe, according to the label instructions.



Monitor your symptoms.

- Seek medical attention if your illness is worsening (e.g., difficulty breathing).
- Call your doctor and tell them that you have or may have COVID-19 before going to their office.
- Wear a facemask when sick. This will help keep other people from getting infected or exposed.
- Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.
- Call 911 if you have a medical emergency and notify the dispatch personnel that you have or may have COVID-19. If possible, put on a facemask before emergency medical services arrive.

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[PalomarHealth.org/Coronavirus.](https://www.palomarhealth.org/coronavirus)