Monitor your symptoms
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
Put on a facemask before you enter the facility.
These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.
Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or community provider, as appropriate.

Resiliency through stressful times
Try to get extra rest, drink plenty of water and relaxing teas, eat healthy foods like fresh fruits and vegetables and whole grains, watch movies, read a good book, avoid the news, close your bedroom door but open the window for fresh air, connect with loved ones over phone, text or Skype, remain active by walking in place, dancing to music or doing yoga online.
If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation
Those with confirmed COVID-19 should remain under home isolation precautions until cleared by their treating provider. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

Reference and for more information: www.cdc.gov/COVID19
Self-care and isolation

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

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care.
Do not go to work, school, or public areas.
Avoid using public transportation, ridesharing, or taxis.

Separate yourself from other people and animals in your home

People:
As much as possible, you should stay in a specific room and away from other people in your home.
You should use a separate bathroom, if available.

Animals:
Do not handle pets or other animals while sick.

Wear a facemask

When you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider’s office.
If you are not able to wear a facemask (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 facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze.
Throw used tissues in a lined trash can; immediately wash your hands.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry.
Soap and water are preferred if your hands are visibly dirty.

Avoid touching your eyes, nose, and mouth with unwashed hands

This is how viruses can spread from person to person or object to person.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home; after using these items, they should be washed thoroughly with soap and water.

Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
Also clean any surfaces that may have blood, stool, or body fluids on them.
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.