

CORONAVIRUS DISEASE (COVID-19) RECOVERY AT HOME

Guide to COVID-19 recovery at home for patients and their families

With a confirmed positive COVID-19 test, you are most likely being sent home to rest, stay away from others, and recover. This is the case for more than 95% of people, as their symptoms do not require hospitalization. Some people have a higher risk for complications and should be monitored extra closely.

Symptoms tend to go away for most people as the body works to recover from the COVID-19 infection, which usually takes two or three weeks. Local public health authorities determine and establish the quarantine options for their jurisdictions.

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive.



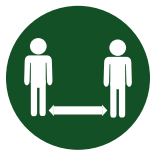
STAY HOME EXCEPT TO GET MEDICAL CARE

Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

Avoid public transportation, ridesharing, or taxis.



SEPARATE YOURSELF FROM OTHER PEOPLE

As much as possible, stay in a specific room and away from other people and pets in your home.

Wash your hands thoroughly and disinfect any shared objects and surfaces. If possible, use a separate bathroom. If you must be around other people or animals in or outside of the home, **wear a mask.**



MONITOR YOUR SYMPTOMS

- **Symptoms of COVID-19 include fever, cough, or other symptoms.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities may give instructions on checking your symptoms and reporting information.

When to seek emergency medical attention

Look for emergency warning signs for COVID-19. Seek emergency medical care immediately if showing any of these signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.