

# What To Do if You Are Sick

From the Centers of Disease Control and Prevention. More information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/>

## IF YOU FEEL SICK



IF YOU FEEL SICK  
STAY AT HOME  
AND CALL THE LOCAL  
HEALTHCARE DEPARTMENT



DO NOT GO TO  
THE HOSPITAL, CALL FIRST



DO NOT USE  
PUBLIC TRANSPORTATION



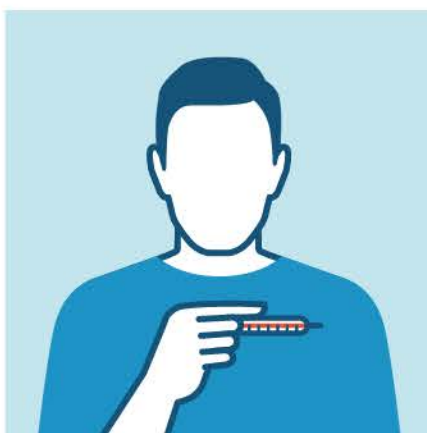
ISOLATE YOURSELF  
IN A ROOM AND  
DO NOT MEET PEOPLE



WEAR A FACE MASK



REPLACE THE FACE MASK  
WHEN IT IS WET  
AND DISCARD SAFELY



MONITOR YOUR SYMPTOMS



TAKE CARE OF YOUR  
EMOTIONAL HEALTH



FOLLOW YOUR LOCAL  
HEALTHCARE DEPARTMENT  
GUIDELINES

## ASSISTING A SICK PERSON



WEAR A FACE MASK  
AND DISPOSABLE GLOVES



CLEAN AND SANITIZE  
CONTAMINATED SURFACES  
EVERY DAY WITH  
DISINFECTANTS



HANDLE CONTAMINATED  
LAUNDRY WITH GLOVES,  
DO NOT SHAKE IT,  
STORE IN A CLOSED SACK



WASH CLOTHES IN THE  
WASHING MACHINE  
WITH THE WARMEST  
APPROPRIATE SETTING



DISINFECT THOROUGHLY  
ALL HOUSEHOLD ITEMS  
AND PERSONAL OBJECTS



FOLLOW YOUR LOCAL  
HEALTHCARE DEPARTMENT  
GUIDELINES  
ON HOUSEHOLD