

Taking care of yourself when you have COVID-19



Stay home. Don't go to school, work, or public areas. And don't use public transportation. Leave your home only if you need to get medical care. But call the doctor's office first so they know you're coming, and they may ask you to wear a mask at the clinic.



Limit contact with people in your home. If possible, stay in a separate bedroom and use a separate bathroom.



Cover your mouth and nose with a tissue when you cough or sneeze (or cough into your elbow) to avoid coughing into the open air, especially if you near to others. Then throw it in the trash right away.



Wash your hands often, especially after you cough or sneeze.

Use soap and water, and scrub for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.



Limit sharing of personal household items. These include bedding, towels, cups and glasses, and eating utensils.



Clean and disinfect your high touch areas regularly. Use household cleaners or disinfectant wipes or sprays. Take special care to clean things that you grab with your hands. These include doorknobs, remote controls, phones, and handles on your refrigerator and microwave. And don't forget countertops, tabletops, bathrooms, and computer keyboards.



Wash your hands before and after contact with pets.



Be safe with medicines. Take your medicines exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.



Talk with your doctor or other health professional about when it will be safe for you to leave isolation.

Southwestern Health Resources



**Texas Health Resources
Coronavirus Hotline 682-236-7601**