

Diagnosis and Treatment of COVID-19

If you think you or a family member may have COVID-19, it's important to get diagnosed so you can begin treatment right away. Symptoms include a fever, cough, shortness of breath, chills, body aches, fatigue, headache, sore throat, congestion or runny nose, nausea or vomiting, diarrhea and can appear 2 to 14 days after exposure.

If you have any of these symptoms, the first thing you should do is move to a room separate from your loved ones. Next, call your healthcare provider to see if a COVID-19 test is right for you. They will help you figure out which test to take, and when you should take it.

If you test positive for COVID-19, continue to isolate yourself so you can help to prevent the virus from spreading. Be sure to tell your close contacts you have COVID-19. Close contact means you were less than six feet away from an infected person for a total of 15 minutes or more in a 24 hour period.

In mild cases, you can recover from the virus at home. That means you do not leave your home except to get medical care. In severe cases, you will be hospitalized. You may need IV fluids and other measures like additional oxygen and steroids.

At home, limit your contact with your family or caregiver. As much as possible, you should stay in a "sick room", away from your loved ones. Use a separate bathroom, if available.

When you have COVID-19, wear a face mask when you are around other people in your home. If you are caring for a sick person make sure you are wearing a facemask when in the room.

Another way to prevent the spread of coronavirus is to clean and disinfect frequently touched surfaces in your isolation area or "sick room" and bathroom every day. Let a loved one or caregiver clean and disinfect surfaces in other areas of your home. Family or a caregiver should only clean and disinfect your bedroom or bathroom on an as-needed basis. The caregiver should wear a mask and wait as long as possible after a sick person has used the bathroom.

Do not share household items such as dishes, glasses, utensils, towels, or bedding with loved ones in your home. It's important to wash your household items thoroughly with soap and water or put them in the dishwasher.

Limit your contact with your pet and other animals. If possible, have a loved one care for your pet while you are sick. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.

Continue to wash your hands often for at least 20 seconds. Sneeze and cough into a tissue and throw it away immediately. Then wash your hands for at least 20 seconds. Avoid touching your eyes, nose and mouth.

Finally, monitor your symptoms. If your symptoms worsen, for example if you have difficulty breathing, get medical help right away. But call your doctor before going into their office or emergency room and let them know your symptoms and if you have the virus.

Wear a face mask before you visit your healthcare provider's office or emergency room. Practice social distancing. Try to stay at least six feet away from people. This will help protect the people in your doctor's office and waiting room. You may be asked to wait in your car instead of the waiting room to prevent the spread.

It's important to follow the advice of your healthcare provider and local health department before ending self-isolation to protect your family and community.

For more information on how to care for yourself or a loved one with Covid-19 visit [cdc.gov](https://www.cdc.gov).