Coronavirus Disease 2019 (COVID-19)

What to Do if You Are Sick

60 seconds

If you are sick with COVID-19 or think you might have it:

Stay home except to get medical care.

Monitor your symptoms.

If your symptoms get worse, contact your doctor.

Get rest and stay hydrated.

Avoid public transportation, ridesharing, or taxis.

And, take these six steps to protect others:

Wear a mask over your mouth and nose if you must be around other people.

Cover your mouth and nose with a tissue when you cough or sneeze.

Clean your hands often with soap and water or use hand sanitizer, especially after coughing or sneezing.

As much as possible, stay in a separate room and away from others in your home.

Avoid sharing personal household items, such as dishes, utensils, towels, or bedding.

Wash these items thoroughly after using them.

Clean all surfaces that are touched often, like counters and doorknobs, every day.

To learn more, visit c-d-c dot gov