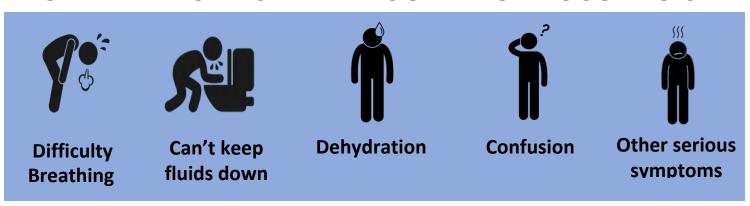# What to do if you Have Symptoms of Coronavirus Disease 2019 (COVID-19)

STAY HOME IF YOU ARE SICK

- Most people with Coronavirus Disease 2019 (COVID-19) will have mild illness and will get better without needing to see a doctor or getting a test.
- Treatment includes taking fluids, rest and over the counter medications.
- Call your doctor early if you are 65 years and older, pregnant, or have a health condition such as heart disease, lung disease, diabetes, kidney disease, or a weakened immune system.
- Call ahead before visiting your doctor.

SEEK MEDICAL CARE IF YOU ARE SERIOUSLY SICK

Difficulty Breathing   **Can't keep fluids down**   **Dehydration**   **Confusion**   **Other serious symptoms**

HELP PROTECT OUR COMMUNITY

- Clean your hands well and often, preferably with soap and water.
- Separate yourself from people and animals in your home.
- Wear a mask if you need to be around other people.
- Stay home until at least 7 days after your symptoms started AND at least 3 days after you have recovered. "Recovered" means your fever is gone (for 72 hours without medications) and your cough, shortness of breath, and other symptoms have significantly improved.

Riverside University HEALTH SYSTEM Public Health