# 10 things you can do to manage your COVID-19 symptoms at home

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

[[\*sk1\*]]

Updated Sept. 10, 2020

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.
3. **Get rest and stay hydrated**.
4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.
5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.
6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.
7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.
9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.
10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions

cdc.gov/coronavirus