

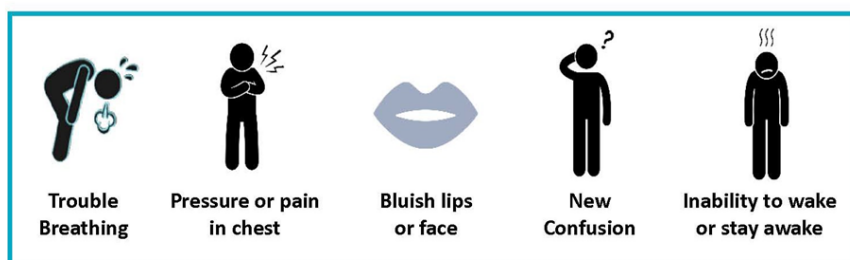
Managing Your COVID-19 Symptoms at Home

Here are some steps to take if you have possible or confirmed COVID-19.

When to Seek Medical Attention

Monitor your health and seek prompt medical care if your symptoms get worse, especially if you are at an increased risk for serious illness. This includes [older adults](#) and [people with underlying medical conditions](#) (such as cancer, chronic kidney disease, chronic obstructive pulmonary disease/COPD, immunocompromised, obesity, heart conditions, sickle cell disease, type 2 diabetes).

Call 911 if you are showing any emergency warning signs*, such as:



*This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

Treatment Options are Available

If you test positive and are more likely to get very sick from COVID-19, treatments are available that can reduce your chances of being hospitalized or dying from the disease.

Don't delay! Treatment must be started within days after you first develop symptoms to be effective. Contact a healthcare provider right away to determine if you are eligible for treatment, even if your symptoms are mild.

Visit: www.coronavirus-sd.com/treatment for a list of treatment options, where to find treatment, and additional resources.

Protect Yourself and Others

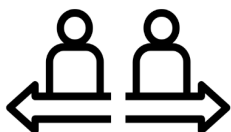
COVID-19 can cause symptoms ranging from mild to severe and, if you have COVID-19, you can spread the virus to others. Follow the steps below to protect yourself and help prevent the spread of COVID-19 to other people in your home and your community.

Monitor symptoms and follow healthcare provider instructions.

- Rest and allow your body to recover.

- Stay hydrated. Drink plenty of fluids, especially water and fluids with electrolytes.
- Take over-the-counter medications such as acetaminophen (i.e., Tylenol®), as needed to reduce fever and pain. Children under the age of 2 should not be given any over-the-counter medication without first speaking with a healthcare provider.

Follow the steps below to help prevent the spread of COVID-19 to other people in your home and your community.



Isolate (stay home) and separate yourself from others for at least 5 days after symptoms start or after first positive test.

- Select a specific room in your home that will be used for you to separate yourself from others while you recover. It is especially important to stay away from individuals who are at [higher risk of serious illness](#) if infected.
- Use a separate bathroom, if possible. If this is not possible, clean and disinfect the bathroom after each use as indicated below.
- Practice social distancing when around others in your home—Try and stay at least 6 feet away from others.

If it is not possible to adequately separate yourself from others in your home, or if you live with individuals who are at higher risk of serious illness if infected with COVID-19 (such as older adults, those with a chronic disease or a compromised immune system), consider staying someplace else where you can separate from others.



Avoid sharing personal household items.

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or additional items with other people in the home. These items should be washed thoroughly after use with soap and warm water.



Improve ventilation in your home.

- Ventilate your home by getting fresh air into your home, filtering the air that is there, and improving air flow.
- Improving ventilation can help you reduce virus particles in your home and keep COVID-19 from spreading.
- You may or may not know if someone in your home or if a visitor to your home has COVID-19 or other respiratory viruses.

- Improve ventilation (air flow) at home. Open doors and windows, use a portable air cleaner, or use fans to improve air quality and flow. See [ways to improve ventilation in your home](#).

Wear a mask around others.



- Wear a high-quality mask if you must be around others at home and in public, such as when sharing a room or vehicle and before entering a hospital or healthcare provider's office.
- Do not go to place where you are unable to wear a mask.
- If you are not able to wear a mask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you. If they must enter your room, they should wear a face mask.

Cover coughs and sneezes.



- To prevent spreading the infection to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water.

Wash your hands often.



- All people in the home should wash their hands often and thoroughly, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Use soap and water for at least 20 seconds. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day.



- High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them. Disinfect using [EPA approved products proven for use against the COVID-19 virus](#) (e.g., Clorox Disinfecting Wipes, Lysol Clean & Fresh Multi-Surface Cleaner, Purell Professional Surface Disinfectant Wipes).

Ending Home Isolation

Individuals, regardless of vaccination status, previous infection, or lack of symptoms, with COVID-19 who are caring for themselves at home may end isolation once **ALL** the following conditions have been met.

- **If you had no symptoms:** You may end isolation after day 5.
- **If you had symptoms and:**
 - *Your symptoms are improving:* You may end isolation after day 5 if you are fever-free for 24 hours (without the use of fever-reducing medication).
- **If you had symptoms and:**
 - *Your symptoms are not improving:* Continue to isolate until you are fever-free for 24 hours (without the use of fever-reducing medication), or your symptoms are improving.
 - *Had moderate illness (you experienced shortness of breath or had difficulty breathing):* Isolate through day 10.
 - *Had severe illness (you were hospitalized) and have a weakened immune system:* Isolate through day 10.
 - Consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you.
- **Removing your mask:** After you have ended isolation and are feeling better (no fever without the use of fever-reducing medication), wear your mask through day 10, OR if you have access to antigen tests, consider using them. With 2 sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

People with [severe to critical illness](#) or who are [severely immunocompromised](#) should consider consultation with their healthcare provider or an infection control expert and may be advised to extend their isolation period up to 20 days.

Returning to Work or School

When you have completed your home isolation period, you are no longer considered infectious and can resume your usual activities, including returning to work or school. You do NOT need to show any proof, such as a negative test result or a letter from Public Health Services, to be able to return to work or school. You should continue to follow all safety guidance when around others outside of your household.