

# I'VE BEEN DIAGNOSED WITH COVID-19 WHAT SHOULD I DO NEXT?

SUGGESTIONS BASED ON  
CDC RECOMMENDATIONS



If you've been diagnosed with COVID-19 (novel coronavirus), here are a few tips to follow in order to keep the virus from spreading to others:



## STAY HOME

Other than to get medical care, stay home and away from others in your household. Do not go to work or school or attend any activities where large groups of people are gathered. Also, increase your distance from others by six feet to reduce the risk of spreading the virus.



## CALL BEFORE VISITING YOUR DOCTOR

If you have a doctor's appointment, call ahead to let the doctor's office know that you have COVID-19. This will help the doctor's office keep you away from other patients and reduce the risk of exposing others to the virus.



## WEAR A FACE MASK

Whenever possible, try to wear a face mask when you are around other people.



## CLEAN SURFACES

Surfaces that are touched often should be cleaned as much as possible. Examples include counter tops, doorknobs, telephones, toys, bathroom fixtures and keyboards. Use a household cleaning spray or disinfecting wipes according to the product instructions.



## COVER YOUR MOUTH WHEN COUGHING OR SNEEZING

Cover your mouth with a tissue when coughing or sneezing. Throw tissues away in a lined trash can. Immediately wash your hands afterwards.



## CLEAN YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.



## MONITOR YOUR SYMPTOMS

Get medical care if your symptoms worsen. Before seeking care, call your medical provider and let them know you've been diagnosed with COVID-19.



FOR MORE INFORMATION VISIT  
[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



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