

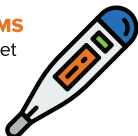
10 WAYS: *to manage respiratory symptoms at home*

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. **STAY HOME** from work, school, and 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.**



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 facemask.



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.



All information provided on this page comes directly from the Centers for Disease Control and Prevention.

If you have any questions or concerns, or if you think you may have COVID-19, give us a call:

715-284-5361



For additional resources, please visit the following:

www.cdc.gov/covid19

www.dhs.wisconsin.gov/covid-19

www.brmh.net/covid19

Footprints In Time
Midwifery & Family Clinic

Black River
MEMORIAL HOSPITAL

JACKSON COUNTY
Public Health
Prevent. Promote. Protect.

KROHN CLINIC
OUR FAMILY CARING FOR YOURS

Ho Chunk Nation
Department of Health