

FROM: Chenango County Health Department
DATE: January 21, 2021

RECOMMENDATIONS FOR WHEN YOU ARE SICK AT HOME

If you become sick with Influenza (flu), Coronavirus or other respiratory illness, it is important to know what to do to care for yourself at home. It is also important to know when the situation has become more serious, requiring you to seek medical attention. Many people with respiratory illnesses can manage their own symptoms and recover at home.

Here are a few important things you can do if you are sick:

- ✓ Stay Home. Do not go to work sick prevent spreading illness to others.
- ✓ If you have a fever stay home. You should monitor your temperature and stay home at least 24 hours after your fever is gone without the use of fever reducing medications, or after your symptoms have improved (4-5 days after flu symptoms have started). Talk to your doctor about recommendations for getting a COVID-19 test.
- ✓ Wash your hands often with soap and water for a least 20 seconds or clean you hands with an alcohol-based hand sanitizer with contains at least 60% alcohol. Wash your masks daily and cover coughs and sneezes. Clean household surfaces routinely.
- ✓ Do not share personal items. Stay away from others best you can.
- ✓ Get lots of rest. Getting plenty of sleep will help your body recover faster.
- ✓ Hydrate. Push the fluids best you can so you do not become dehydrated.
- ✓ Seek medical attention if you have any of the following emergency warning signs or symptoms: trouble breathing, persistent pain or pressure in your chest, confusion or inability to arouse from sleep, bluish lips or face.
- ✓ Call 911 if you have trouble breathing. If you are feeling shortness of breath while at rest, it is a sign that you need help.

For more information and guidance please visit:

www.cdc.gov/coronavirus

www.coronavirus.health.ny.gov

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html