

ALL CLEAR

People with **COVID-19** or **suspected COVID-19** who have **stayed home (home isolated)** can stop home isolation under the following conditions:

- You no longer have a fever (without the use of medicine that reduces fevers) AND
- Other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
- At least 7 days have passed since symptoms first appeared.

For more information: www.cdc.gov/COVID19
or call the Phoebe COVID-19 hotline at **229-312-1919**.



If You Have Possible or Confirmed COVID-19



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.



Get rest and stay hydrated.



Cover your coughs and sneezes.



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.



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.



Avoid sharing personal items with other people in your household, like dishes, towels and bedding.



Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



CAUTION



Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.



If you have a medical appointment, **call the healthcare provider** ahead of time and tell them you have or may have COVID-19.



If uninfected people at home with you develop symptoms (fever, cough, shortness of breath), please call our COVID-19 hotline at **229-312-1919**.

EMERGENCY

If you develop **emergency warning signs** for COVID-19, get medical attention immediately.

Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

**This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.*

While in quarantine, if you have a **medical emergency** **call 911** and **notify the dispatch personnel** that you have or may have COVID-19.