1. Stay home from work, school, and away from other public places if you have symptoms. If you must go out, try not to use public transportation, ridesharing, or taxis.

2. Watch for symptoms. If your symptoms get worse, call your doctor. If you do not have a doctor, call our hotline at (773) 702-2800.

3. Get rest and stay hydrated.

4. If you have a medical appointment, call the doctor ahead of time. Tell them that you have or may have a viral illness.

5. For a medical emergency call 911 or go to your local emergency department.

6. Cover your cough and sneezes.

7. Wash your hands often. Use with soap and water for at least 20 seconds. You can also clean your hands with an alcohol-based hand sanitizer with at least 60 percent alcohol.

8. Stay in a separate room and away from other people in your home. Use a different bathroom. If you need to be around other people wear a facemask.

9. Do not share personal items with other people in your home including dishes, towels, and bedding.

10. Clean all surfaces that are touched often. This includes counters, tabletops, and doorknobs. Use household cleaning sprays and follow the label instructions.

Go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.

For more information related to COVID-19 go to: www.cdc.gov/COVID19

UChicago Medicine COVID-19 Hotline (773) 702-2800

Content and images adapted from Centers for Disease Control. Health Literacy and Plain Language Translation by Diversity, Inclusion and Equity Department 3-14-2020