If you have a fever, cough, or shortness of breath, but have not been around anyone you know has COVID-19, follow these steps to help prevent your illness from spreading to people in your home and community.

**Symptoms**
The most common symptoms of COVID-19 are fever, cough, and shortness of breath.

**Should I go to my doctor and get tested for COVID-19?**
- Please visit the Colorado state health department website for information about priority groups for testing [https://www.colorado.gov/cdphe/covid-19-testing](https://www.colorado.gov/cdphe/covid-19-testing)
- If you have a condition that may increase your risk for a serious viral infection, call your health care provider’s office and ask if you need to be evaluated in person. They may want to monitor your health more closely or test you for COVID-19 and other respiratory infections like influenza. Higher risk groups include:
  - Older people (over age 60), especially those over 80 years.
  - People who have chronic medical conditions like heart, lung, or kidney disease, or diabetes.
  - Older people with chronic medical conditions are at greatest risk.
- If you do not have a high-risk condition and your symptoms are mild, you may not need to be evaluated in person or tested for COVID-19. Call your health care provider or a nurse line for guidance on the need for testing. There are currently no medications to treat COVID-19.

**WHAT TO DO TO KEEP YOUR SICKNESS FROM SPREADING TO OTHERS**

**Stay home, except to get medical care.**
- If you have a medical appointment, call ahead and tell them what your symptoms are. Otherwise:
  - Restrict activities outside your home.
  - Do not go to work, school, or public areas.
  - Avoid using public transportation, ride-sharing, or taxis.

**Practice actions that protect others**
- Clean your hands often
  - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. When using hand sanitizer, cover all surfaces of your hands and rub them together until they feel dry. Soap and water is preferred if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
● Cover your coughs and sneezes
  ○ Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away. If a tissue is not available, use your inner elbow or sleeve.
  ○ Immediately clean your hands (see above).

● Avoid sharing personal household items
  ○ Don’t share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
  ○ After using these items, they should be washed thoroughly with soap and water.

● Clean surfaces every day
  ○ Clean “high touch” surfaces like counters, table tops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
  ○ Clean any surfaces that may have blood, stool, or body fluids on them.
  ○ Use a regular household cleaning spray or wipe. Follow the label directions for correct and safe use of the cleaning product.

● If available, ill people should wear a face mask to protect family members or in any scenario where masks are needed to prevent the spread of germs.

Monitor your symptoms
● Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, CALL a health care provider and tell them what your symptoms are. If possible, put on a face mask before you enter the facility.
● If you have a medical emergency and need to call 911, tell the dispatch personnel what your symptoms are. If possible, put on a face mask before emergency medical services arrive.

Discontinuing home isolation
● If you have tested positive for COVID-19 or are suspected to have COVID-19 but are not tested, you should stay home for 10 days after the onset of your symptoms. People who are hospitalized for COVID-19, or people who are routinely around older people (over age 60), or people who have chronic medical conditions like heart, lung, or kidney disease, or diabetes may need to isolate at home for longer.