

10 WAYS TO STOP THE SPREAD OF COVID-19

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 public places.

Avoid public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue, then throw the tissue in the trash.



2. **Monitor your symptoms**

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



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.



3. **Get rest and drink plenty fluids to stay hydrated.**

Such as water, clear liquids, Gatorade, soup broth, etc.



8. **Stay away from other people** in your home.

Use a **separate bathroom**, if available.



Wear a facemask whenever around other people (in or outside).

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.



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



5. If you develop emergency signs for COVID-19 call 911 **Notify dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** especially areas that are touched often, like counters, tabletops, and doorknobs.



Use household cleaning sprays or wipes according to label instructions; Bleach or Lysol

General Information

Jackson County Health Department
(517) 788-4420

Henry Ford Allegiance Health MyAdvice
(313) 874-7500

For more information: www.cdc.gov/COVID19