

10 WAYS TO MANAGE COVID-19 AT HOME (ISOLATE)

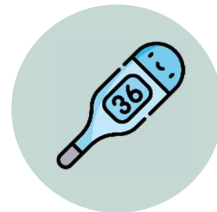
If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. **Stay home** except for medical care, even if you feel well enough to go out.

Ask family, friends to deliver food and supplies to your door. Your community may help with this.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your health provider immediately.



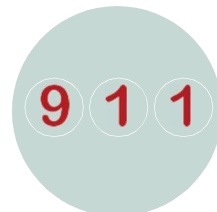
3. **Get rest and stay hydrated.** Avoid alcohol, recreational drugs, cigarettes and vaping if possible. Keep a smoke-free home.



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.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.** Put the tissue in the trash and then wash your hands.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer (at least 60% alcohol).



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a face mask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels and bedding. Do not share cigarettes.



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



For more information: [Saskatchewan.ca/coronavirus](https://www.saskatchewan.ca/coronavirus) or call 811.