10 things you can do to manage your health at home

If you have possible or confirmed COVID-19: NM State Coronavirus hotline 1-855-600-3453

1. **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.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately. *fever, dry cough and shortness of breath are the main symptoms for coronavirus*

3. **Get rest and stay hydrated.**

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.** *Dont touch your face*

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.

8. 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.

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

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

Please go to [www.cdc.gov/covid19-symptoms](http://www.cdc.gov/covid19-symptoms) for information on COVID-19 symptoms.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)