

Managing COVID-19 Symptoms at Home

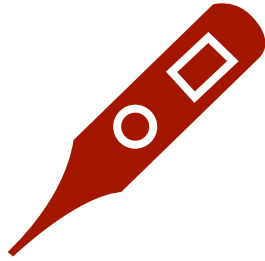
1

Stay Home. Do not go to work, school, or to public places. If you must travel, avoid public transportation, ride sharing, and taxis.



2

Monitor your symptoms carefully. If symptoms worsen, call your provider or our Walk-In immediately at: (501) 651-4500



3

Rest and stay hydrated. Sleep 7 to 9 hours at night. Drink at least 8, 8 ounce glasses of water per day.



4

If you test Positive for COVID-19, notify your primary care provider immediately.



5

Cover your cough and sneezes with tissue or your elbow.



6

Wash hands often with soap and water for at least 20 seconds or clean with hand sanitizer made with at least 60% alcohol.



7

Avoid sharing personal items such as dishes, towels, bedding, electronics with others.



8

Clean all surfaces that are touched often, like counters, tabletops, doorknobs, appliances, electronics.



9

If living with others, stay in a specific room and away from others as much as possible. When this is impossible all household members should wear a mask.



WARNING SIGNS



CALL 911 IF:

Trouble Breathing

Persistent Chest Pain

Persistent Pressure in Chest

New Confusion

Inability to Arouse

Bluish Lips or Face

Call 911 and notify the dispatch personnel that you have or may have COVID-19.



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Phone: 501-651-4500



Content adapted from CDC.