

If you're experiencing mild coronavirus disease symptoms, be sure to call your doctor. It's possible that your doctor will advise you to manage your symptoms from home.



10 Ways to manage symptoms of COVID-19 at home

1

Do not leave your home unless it's to get emergency medical care

2

Stay in one separate room away from your loved ones as much as possible

3

Carefully monitor your symptoms. If they get worse call your doctor for guidance immediately

4

Wash your hands frequently with warm water and soap for at least 20 seconds

5

Cover your coughs and sneezes

6

Get plenty of rest, and be sure to drink enough fluids

7

Avoid sharing personal items like dishes, towels, bedding and electronic devices

8

Disinfect high-touch surfaces like countertops, doorknobs, remotes and tables

9

Notify your doctor that you may have COVID-19 before going to any standing health care appointments.

10

If you experience a medical emergency, call 911 and let them know that you have or may have COVID-19

This poster is for informational use only.
Consult a medical professional for medical advice.



To learn more about HR support and current HR topics contact Chris Cooley at 855-538-6947 Ext. 108 or email ccooley@myhrconciierge.com

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