

What to do if you are feeling sick or living with someone else who is sick

- It is important to continue doing all of the above items to protect yourself and others.
- Keep track of your symptoms and use a [Symptom Self-Checker](#) to help you make decisions about seeking appropriate medical care.
- If you develop [Emergency Warning Signs of COVID-19](#), it's important to seek care immediately.
- You should wear a [cloth face covering](#), over your nose and mouth if you must be around other people or animals, including pets (even at home).
- Cover your coughs and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean all “high-touch” surfaces everyday.
- Treat your symptoms as you need to:
 - Use fever-reducers, analgesics, cough medicines and nasal decongestants if needed (see above “Recommended Supplies).
 - Relieve the pain of sore throats with salt water gargles, throat lozenges and herbal teas with honey and lemon.
- Stay calm. The possibility of having a contagious illness is scary, but doctors, nurses and other caregivers are learning more about COVID-19 every day. They are working together with national and international agencies to identify and provide care to patients while avoiding spread of the illness in the community.
- Here is [more detailed information from the CDC on what to do if you are sick](#).
- Here is [more detailed information from the CDC if you are living with someone else who is sick](#).