**10 ways to manage respiratory symptoms at home**

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

1. **Stay home** until:
   - It has been at least 10 days since your symptoms began **AND**
   - You have had no fever for 3 days without any medicine for fever **AND**
   - Your symptoms have improved.

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

3. **Get rest and drink a lot of fluids.**

4. **Before you go to the doctor,** call and tell them that you have or may have COVID-19.

5. **For emergencies,** call 911. Tell them that you have or may have COVID-19.

6. **When you cough or sneeze,** cover your mouth with a tissue and throw it away.

7. **Wash your hands** often with soap and water for at least 20 seconds.

8. **As much as possible,** stay away from **other people,** stay in a separate room and use a separate bathroom. Wear a mask when you are near others.

9. **Avoid sharing any household items,** including food.

10. **Surfaces that you touch often** should be cleaned every day.

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**NC Department of Health and Human Services – www.ncdhhs.gov/covid19**

**Call 211 or go to nc211.org to find other resources.**

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Adapted from the CDC flyer titled “10 ways to manage respiratory symptoms at home"