10 Ways to Manage Coronavirus Symptoms From Home

If you're experiencing mild coronavirus disease 2019 (COVID-19) symptoms, be sure to call your doctor. It's possible that your doctor will advise you to manage your symptoms from home. Here are 10 ways that you can do so:

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 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.