

COUNTRYSIDE PUBLIC HEALTH COVID-19 SELF CARE

Recommendations from MDH & CDC

If your symptoms get worse:

- Call your healthcare provider for guidance
- Before arriving to the hospital, call your healthcare provider

- Stay Home
- Monitor your symptoms
- Get rest & stay hydrated
- Cover your cough & sneezes
- Wash your hands often
- Stay in a specific room as much as possible & away from other people in your home
- Avoid sharing personal items with others
- Clean all surfaces

If you have cough, fever, or upper respiratory symptoms but are not hospitalized:

- Self-Isolate for 7 days or 72 hours FEVER FREE (without fever reducing medicine) whichever is longer
- STAY HOME
- Treat yourself as you would other illnesses

It is normal & okay to feel stressed and overwhelmed during a pandemic. You are not alone!

"TalkWithUs" Text 66746

www.virusanxiety.com

Disaster Distress Helpline: 1-800-985-5990

Managing stress is also available on MDH & CDC



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