What to do if you are sick at home with COVID-19?

Stay home for 14 days except to get medical care.

Rest and stay hydrated.

Stay far away from other people and pets in your home, when possible.

Avoid sharing personal items.
(i.e. phones, dishes, drink glasses, utensils, towels and bedding)

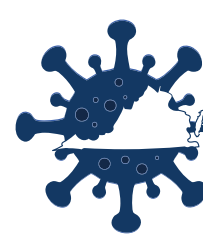**Clean frequently touched surfaces such as doorknobs, bathrooms and kitchen counters often.**

Wear a cloth mask covering your nose and mouth.

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

Cover your coughs and sneezes with a tissue.

VIRGINIA'S HEALTH IS IN OUR HANDS.
Do your part, stop the spread.

For more health information:
https://www.vdh.virginia.gov/

VDH VIRGINIA DEPARTMENT OF HEALTH

VIRGINIA DEPARTMENT OF EMERGENCY MANAGEMENT