

COVID-19 HELP IF YOU'RE FEELING SICK

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WHAT IS COVID-19?

COVID-19 is a respiratory illness that easily spreads from person to person. Common symptoms include dry cough, fever and difficulty breathing. According to the World Health Organization, most people who are infected with COVID-19 have mild cases, however 1 in 5 infected people need hospital care.

IF YOU HAVE COVID-19 SYMPTOMS

- If you have any COVID-19 symptoms CALL YOUR DOCTOR before you seek in-person medical care.
- Unless you are seeking in-person medical care, you should STAY HOME AND AVOID PUBLIC TRANSPORTATION.
- Listen to the advice of your doctor. If you are displaying mild symptoms, your doctor may advise you to recover at home and self-quarantine.



IF YOUR DOCTOR ADVISES YOU TO GET TESTED

- Call ahead and let the testing center know that you are coming.
- To find a testing center, please visit New Jersey's COVID-19 Information Hub HERE.



IF YOU WERE DIRECTED TO QUARANTINE

- The length of quarantine can vary depending on a variety of factors. Please listen to the advice of your doctor if quarantining.
- The CDC recommends that:
 - "As much as possible, you should stay in a specific 'sick room' and away from the people in your home. Use a separate bathroom, if available."
 - "You should wear a facemask when you are around other people and before you enter a healthcare provider's office."
 - You should "wash your hands often with soap and water for at least 20 seconds."
 - You should "clean high-touch surfaces in your isolation area ('sick room' and bathroom) every day."
 - Do "not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home."
- Make sure to carefully track your symptoms, and stay in touch with your primary care physician.

Learn more about COVID-19 at kim.house.gov/issues/coronavirus-update and covidnj.com.

Graphics are from CDC.