

Home Care for Suspected or Confirmed COVID-19 Households

Most who test positive for COVID-19 should recover at home. High-risk individuals or those experiencing emergency warning signs should seek medical attention.



Below are practical tips to look after your health during quarantine or isolation. Anyone can follow this advice.



STAY at home

- Use a separate bedroom and bathroom if possible.
- If not, limit contact with the individual.
- Stay hydrated and get plenty of rest.



WEAR a face mask

- Have the suspected or confirmed COVID-19 individual wear a face mask that covers the mouth and nose while around others.
- Fabric masks should be washed after every use or changed when moist.



WASH hands often

- Wash hands with soap and water for at least 20 seconds.
- Use hand sanitizer that is at least 60% alcohol.



DON'T share items

- Avoid sharing dishes, towels, bedding, food, drinks, electronics (cell phones), etc.



DISINFECT surfaces

- Clean tables, doorknobs, light switches, phones, toilets, faucets, etc., regularly.
- Use disinfectant products or soap and water.



MONITOR symptoms

- Track symptoms such as fever, cough, and shortness of breath.
- If suspected of COVID-19, check temperature twice a day.



EMERGENCY signs

- Trouble Breathing?
- Persistent pain or pressure in the chest?
- Confusion or inability to wake up?
- Bluish lips or face?
- If signs are present, get immediate medical attention.



Stay safe and stay healthy

Developed by: Lea Moser, MPH

Rocky Mountain Tribal Leaders Council

2929 3rd Ave N, Suite 300 | Billings, MT 59101
406-252-2550 | www.rmtlc.org | RMTEC@RMTLC.org

powered by

PIKTOCHART