COVID-19 home care tips

Most people with COVID-19 have mild illness and can recover at home without medical care. Please review these tips with your family and loved ones to make sure you are taking care of yourself and reducing further spread of the illness at home.

- Get rest.
- Eat a healthy diet, limit your sodium and fluid intake (speak with your care team for help).
- Wash your hands often with soap and water for at least 40–60 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- Avoid touching your face, especially when in public places.
- Cover your cough and sneezes.
- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
- Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
- Stay away from other public places. If you must go out for needs such as dialysis, avoid using any kind of public transportation, ridesharing, or taxis.
- As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a face mask.
- Let family and friends know that you cannot have visitors at this time, to help reduce the risk of spreading the virus.
- It is important that you do not miss any of your scheduled dialysis treatments. Contact your clinic before you go, and they will make special arrangements for you if needed.
- Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
- For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

Public health officials may contact you if you are tested or show symptoms consistent with COVID-19. Please reach out to your care team if you or the contacting health official have questions.

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