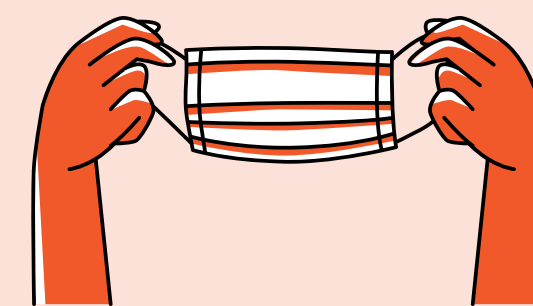


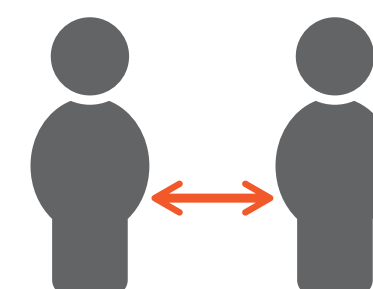
How to manage your COVID-19 symptoms at home

If you live with others and have tested positive for COVID-19 and/or have symptoms, there's a high-risk that you could spread it to people in your home. To protect your home, follow these tips:

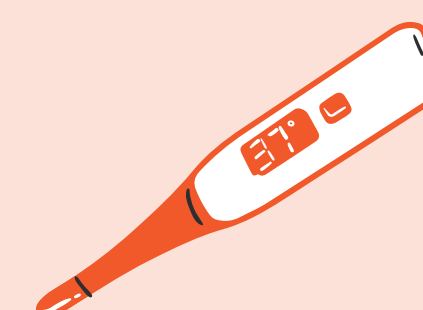
- 1 Wear a mask**
around anyone inside your house at all times.



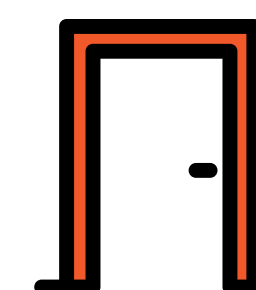
- 2 Maintain a physical distance**
of at least 6 feet (2 meters) at all times.



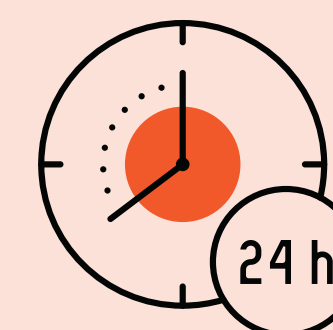
- 3 Monitor your symptoms.**
If your symptoms get worse, call your healthcare provider or King County COVID-19 Call Center if you do not have one.



- 4 Stay in a designated room**
and away from your household as much as possible.



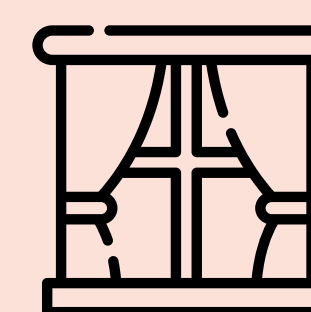
- 5 Use shared spaces like the kitchen or bathroom at different times.**
Always clean surfaces & wash utensils after each use.



- 6 Avoid sharing personal items**
with people you live with, such as utensils, towels, bedding.



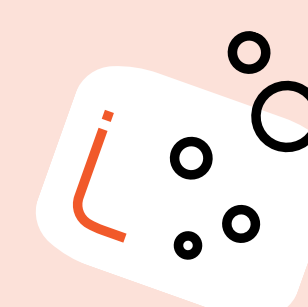
- 7 Open windows to improve ventilation**
and increase airflow, especially if you're sharing a bathroom.



- 8 Clean all surfaces**
that are touched often after use, like doorknobs or counters.



- 9 Maintain a hygienic routine.**
Cover your cough and sneezes. Wash your hands frequently with soap and water or hand sanitizer with at least 60% alcohol.



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If you don't have a healthcare provider or need help to isolate away from your home, call the King County COVID-19 Call Center: 206-477-3977. Interpreters available.

How to care for others with COVID-19 at home

Living with someone with COVID-19 is one of the riskiest ways to get COVID-19. It's possible that if you share a room with someone who has COVID-19, you might be infectious and not know it.

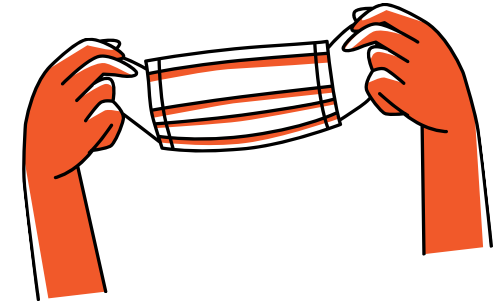
If you're living with someone with COVID-19, we recommend following these steps:

1 Choose one person in the home to be the main caretaker.

Make sure the person with COVID-19 gets plenty of rest. Use over-the-counter medication for symptoms. Follow instructions from their healthcare provider.

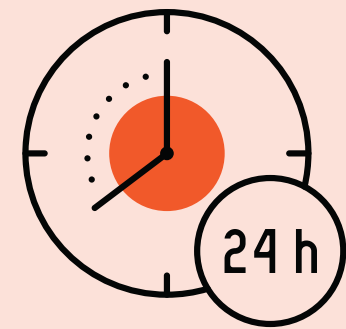
2 Wear a mask

if you need to be around other people inside or outside of your home.



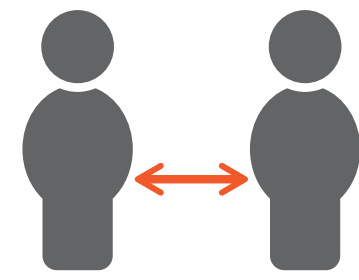
3 Use shared spaces like the kitchen or bathroom at different times.

Always clean surfaces & wash utensils after each use.



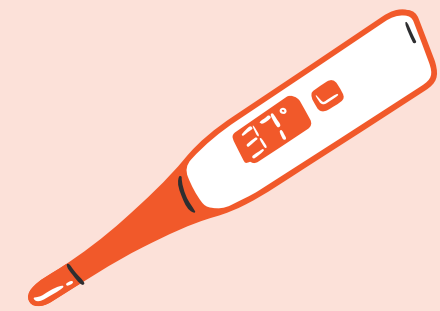
4 Anyone who is not the main caretaker should maintain a physical distance

from the person with COVID-19.



5 Monitor your symptoms

in case you are infected with COVID-19.



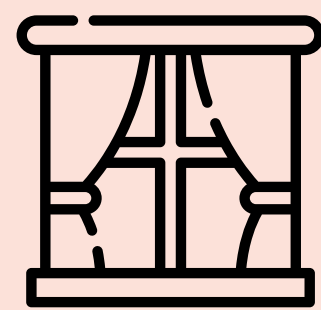
6 Avoid sharing person items

with people you live with, such as utensils, towels, bedding.



7 Open windows to improve ventilation

and increase airflow, especially if you're sharing a bathroom.



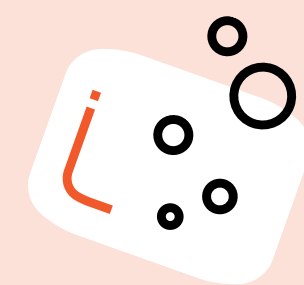
8 Clean all surfaces

that are touched often after use, like doorknobs or counters.



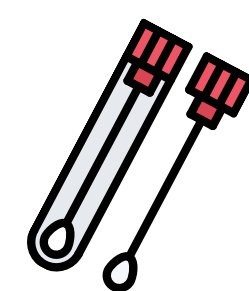
9 Maintain a hygienic routine.

Wash your hands frequently with soap and water or use hand sanitizer with at least 60% alcohol.



10 Get tested for COVID-19.

Quarantine starting on the last day that the person with COVID-19 completes their isolation.



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If you don't have a healthcare provider or need help quarantining away from your home, call the King County COVID-19 Call Center: 206-477-3977. Interpreters available. For more tips on how to care for others with COVID-19 at home, visit kingcounty.gov/covid/self-care.