Guidance For At-Home Isolation

*If you have possible or confirmed COVID-19:*

1. Call your primary care physician’s office promptly. Notify them that you are sick. Follow any instructions provided regarding your care.

2. If you have a thermometer at home, record your temperature twice daily.

3. If you do not have a primary care physician, or would like more information on the status of COVID-19 in your community, call 211 📞

4. Call 911 again if your symptoms worsen.

Review the attached handout for guidance on managing your health at home.