


## 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, dial 2-1-1 
4. Call 911 if you have any of the following: difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to rouse, bluish lips or face, or if symptoms worsen.



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

