

What To Do if You Are Sick

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

- You should restrict activities outside your home, except for getting medical care
- Do not use public transportation or ride sharing services

If you have been referred for testing

- Go to COVID19.AustinTexas.gov to enroll for testing
- Answer the questions about your symptoms
- Schedule your test at a drive-through testing location
- Your results will be available on the online portal in a few days
- If you do not have access to a vehicle, call the CommUnity Care Hotline at 512-978-8775, to arrange for testing at an alternative site

Monitor your symptoms

- If your illness is worsening (if you experience difficulty breathing, chest pain or confusion) seek medical help immediately
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being monitored for, COVID-19

Separate yourself from other people and animals in your home

- **People:** You should stay in a specific room and away from other people in your home
- **Animals:** Do not handle pets or other animals while sick

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze
- Discard used tissues in a lined wastebasket.

Avoid sharing personal household items

- You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding
- After using these items, they should be washed thoroughly with soap and water

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are unavailable, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands

Clean all “high-touch” surfaces every day

- High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables
- Use household cleaning spray or wipe, according to the label instructions
- When applying the product, wear gloves and make sure you have good ventilation

Discontinuing home isolation

- Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low

AustinTexas.gov/COVID19

