



What Should I Do If...

I Have COVID-19?

Many people who have COVID-19 will experience mild symptoms like a cold or flu, and can generally recover at home. If you have tested positive or if you think you have COVID-19, follow these guidelines to protect yourself and others.

- Restrict activities outside your home, except for getting medical care.
- Separate yourself from other people/animals in your home.
- DO NOT go to work, school or public areas.
- Avoid using public transportation, taxis, or ride-share.
- Monitor your symptoms and call before visiting your doctor. Be sure you tell them you have or may have COVID-19.
- If you have one, wear a facemask around other people.
- If you can't wear a mask because it's hard for you to breathe, self-quarantine in your own room and have family wear facemasks.
- Cover coughs/sneezes with a tissue and throw away in a lined trash can.
- Wash your hands often with soap and water for 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol when you are unable to wash your hands.
- Clean all "high touch" surfaces every day.
- For medical emergencies, call 9-1-1. Notify dispatch that you have may have COVID-19.

If you are at higher risk for severe illness (over 60, with underlying health conditions such as heart disease, lung disease, or diabetes, have a weakened immune system or are pregnant) call your health care provider. Remain in home isolation until you:

- No longer have a fever for at least 72 hours (without the use of medicine)
 - Feel improvement in your symptoms
- Two negative tests in a row (24 hours apart) OR at least 7 days have passed since your symptoms first appeared.

Contact the 24-hour City of Detroit COVID-19 Hotline for more information at 313-876-4000.



SELF QUARANTINE AT HOME