

# COVID-19: What to Do If You Feel Sick



## 1. Stay home and call your doctor, if needed.

Most people who get COVID-19 will recover without needing medical care. The Centers for Disease Control and Prevention (CDC) recommends that you stay home if you have mild symptoms – such as fever and cough without shortness of breath or difficulty breathing. You can call your doctor to see if you need medical care.

Some people are at **higher risk** of getting very sick with COVID-19. People at higher risk should call their doctor if they develop symptoms of fever or cough. You are at higher risk if you:

- Are 65 years and older
- Live in a nursing home or long-term care facility
- Have a high-risk condition that includes:
  - Chronic lung disease or moderate to severe asthma
  - Heart disease with complications
  - Compromised immune system
  - Severe obesity — body mass index (BMI) of 40 or higher
  - Other underlying medical conditions, particularly if not well controlled, such as diabetes, renal failure or liver disease

People who are pregnant should be monitored since they are known to be at risk for severe viral illness. However, to date, data on COVID-19 has not shown increased risk for severe illness.

### Call your doctor or 911 right away if you have:

- Shortness of breath
- Difficulty breathing
- Chest pain or pressure
- Confusion
- Blue lips

### Most people do not need a test.

When you leave your home to get tested, you could expose yourself to COVID-19 if you do not already have it. If you do have COVID-19, you can give it to someone else, including people who are high risk.

Your doctor can help you decide if you need a test. There is no treatment for COVID-19. For people with mild symptoms who don't need medical care, getting a test will not change what you or your doctor do.

Testing is most important for people who are seriously ill, in the hospital, people in high-risk settings like nursing homes or long-term care facilities, and healthcare workers and other first responders who are caring for those with COVID-19.

## 2. Isolate yourself.

If you are sick with COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible.



### When can I go back to my normal activities?

You can stop isolating yourself when you answer YES to ALL three questions:

- ✓ 1. Has it been at least 7 days since you first had symptoms?
- ✓ 2. Have you been without fever for three days (72 hours) without any medicine for fever?
- ✓ 3. Are your other symptoms improved?

Call your doctor if your symptoms are getting worse or you have any concerns about your health.

### What if I'm not sure if I have COVID-19?

If you have fever and cough and other symptoms of respiratory illness, even if it is not from COVID-19, you should isolate yourself as if you have COVID-19. This will reduce the risk of making the people around you sick.

### What should my family members do?

Anyone in your household or others who have been in close contact with you should stay home for 14 days as much as possible and monitor themselves for symptoms. Close contact means within six feet for at least 10 minutes. If they start having symptoms of COVID-19, they should take [the same steps](#) to prevent spreading it.

Family members who are healthcare workers, first responders, or others who are needed to respond to the COVID-19 pandemic should review [CDC guidance](#) and check with their employers about when to return to work.

## 3. Stay informed.

- Visit [ncdhhs.gov/coronavirus](https://www.ncdhhs.gov/coronavirus) for information from the NC Department of Health and Human Services.
- Text COVIDNC to 898-211 to get text updates.
- Found out more information on what to do if you are sick at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

