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:
  - Cancer
  - Chronic Kidney Disease
  - Chronic lung disease
  - Heart disease with complications
  - Compromised immune system
  - Obesity — body mass index (BMI) of 30 or higher
  - Sickle Cell Disease
  - 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. To date, data on COVID-19 has shown pregnancy **might be at an increased risk for severe illness.**

Call your doctor or 911 right away if you have:

- Shortness of breath
- Chest pain or pressure
- Inability to wake or stay awake
- Difficulty breathing
- Confusion
- Blue lips

Anyone with symptoms, or thinks they have been exposed to COVID-19 should get tested.

If someone tests positive for COVID-19, we want to help ensure that they have the resources they need to get better and to protect their loved ones and neighbors. Most people with COVID-19 recover without needing medical care. If you are experiencing severe, life threatening symptoms, seek immediate medical care.

There are two kinds of tests available for COVID-19: viral tests and antibody tests. A viral (or diagnostic) test tells someone if they currently have COVID-19. An antibody test tells someone if they had the virus before.

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 10 days since you first had symptoms?
2. Have you been without fever for one day (24 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 15 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 for information from the NC Department of Health and Human Services.
- Text COVIDNC to 898-211 to get text updates.
- Find out more information on what to do if you are sick at cdc.gov/coronavirus.