

# How to Self-Isolate and Support Others in Your Home

## Know the Signs and Symptoms of COVID-19 and What to Do if You Are Sick

- Stay home and call your doctor if you develop symptoms (e.g. fever, cough, or shortness of breath)
- Limit visitors, such as family and friends, coming to your home

## Get a 2-week Supply of:

- Prescriptions
- Over-the-counter medication
- Food – know how to get food delivered, if possible
- Other essentials

## Communicate with Family and Friends Remotely

- Phone (call, text, video chat, etc.)
- Email

## Every Day Preventative Measures

- Stay home
- Wash hands often
- Clean and disinfect surfaces that are touched often
- Wear a cloth mask if you MUST go outside to protect people around you
- **Know the additional measures those at high risk should take**
  - Contact your doctor about medication
  - Get food delivered to your home via family, friends, or businesses that make deliveries
  - Stay in touch with neighbors, family, friends, or community health workers in case you need help



## Stress and Coping



It is normal to feel stressed, scared, or confused during this time, so here are some things that might help reduce your stress:

- Talk to people you trust
- Maintain a healthy lifestyle by eating well, exercising, getting enough sleep.
- Find credible sources, such as Centers for Disease Control and Prevention (CDC), Minnesota department of Health (MDH), and World Health Organization (WHO), to gather information that will determine your risk so you can take proper precautions
- Limit the time you and your family spend on media coverage about COVID-19
- Meditate

## How to Support Your Children and Others in your Home

- Talk to your children about the COVID-19 and share facts about it in a way that they will understand
- Reassure everyone at home they are safe and share with them what you do to reduce your stress
- Create a schedule of learning and fun activities at home for your children
- Set an example by taking breaks, getting plenty of sleep, exercising, and eating well

### Sources:

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



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