

If you think you are sick with COVID-19 (Coronavirus)



If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, **call your healthcare provider immediately.**

Most cases of COVID-19 have mild symptoms. If you are not seriously ill, you will likely **not be tested** or need medical care. There is currently no antiviral treatment for the COVID-19 virus. Take care of yourself and help prevent the spread of COVID-19 by following these steps:



- **Stay at home.** Do not go to work, school, public areas or on public transportation.



- **If you need to get medical care, call ahead to your provider.** Seek care if your illness gets worse or you are experiencing difficulty breathing. Tell your provider's office that you may have COVID-19. This will help them prepare for your visit and help prevent others from getting sick.



- **Separate yourself from other people** in your home as much as possible.



- **Take care of yourself.** Drink at least 32 ounces of water each day to stay hydrated. Get rest and at least 8-10 hours of sleep at night. Use over-the-counter medication to treat fever or cough.



- **Wear a facemask** if you must be around other people.



- **Cover your coughs and sneeze into your elbow or into a tissue.** Throw tissues away and immediately wash your hands.



- **Clean your hands often** with soap and water for at least 20 seconds. You can also use hand sanitizer that contains at least 60% alcohol, if soap and water are not available.



- **Clean all "high-touch" surfaces every day.** This includes doorknobs, phones, bathroom fixtures, etc.



- **Do not share personal household items** such as drinking glasses, utensils, or towels while you are sick.



If you have any questions: call the KY COVID-19 Hotline: 1-800-722-5725.