

What to do if you are sick during a virus outbreak



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 University of Oregon Center for
Excellence in Developmental Disabilities

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Links to source information on the Center for Disease Control (CDC) website, cdc.gov:

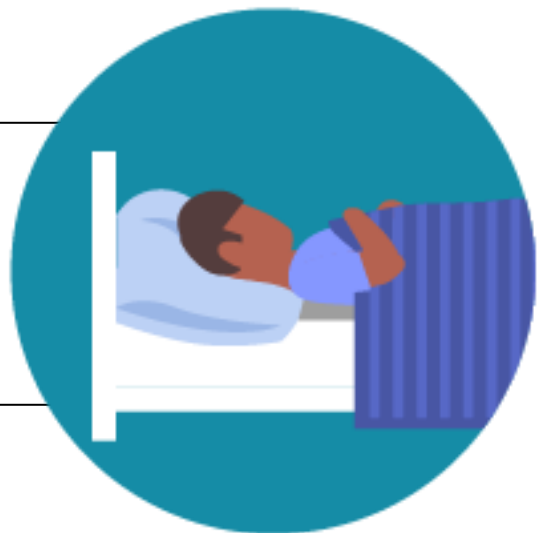
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>

If you get a fever, a cough, or have trouble breathing you may or may not have COVID-19.



**Stay home.
Call your doctor.
Don't take the bus.**



**Stay away from others.
Try not to touch pets.**

Call ahead before seeing a doctor.

They will give you special instructions if you need to come to the office.



Wear a face mask if you have to go out or if you have to care for others.

Wash hands with soap for at least 20 seconds.



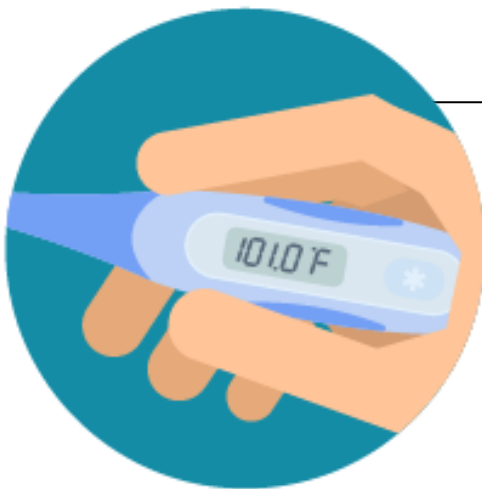


Cover your cough.

Throw your tissue away.

Do not share.

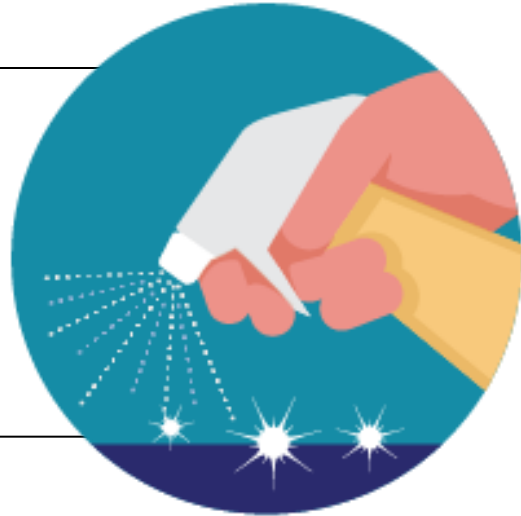
**Wash things well after
using them.**



**Call your doctor if your
temperature, cough or
breathing get worse.**

Every day, disinfect surfaces that you touch a lot like doorknobs and the TV remote.

Clean items that come into your home like packaged groceries. Wash fruits and veggies.



Keep your garbage separate from others in your house.

Once you feel better, you should still stay home to help keep others safe.

