

# 10 ways to manage respiratory symptoms at home

# MD

ENGLISH

If you have fever, cough, or shortness of breath, call your doctor. They may tell you to manage your care from home. Follow these tips:

**1. Stay home** until:

- It has been at least 10 days since your symptoms began **AND**
- You have had no fever for 3 days without any medicine for fever **AND**
- Your symptoms have improved.



**6. When you cough or sneeze, cover your mouth** with a tissue and throw it away.



**2. Monitor your symptoms carefully.**

If your symptoms get worse, call your doctor immediately.



**7. Wash your hands** often with soap and water for at least 20 seconds.



**3. Get rest and drink a lot of fluids.**



**8. As much as possible, stay away from other people**, stay in a separate room and use a separate bathroom. Wear a mask when you are near others.



**4. Before you go to the doctor**, call and tell them that you have or may have COVID-19.



**9. Avoid sharing any household items**, including food.



**5. For emergencies**, call 911. Tell them that you have or may have COVID-19.



**10. Surfaces that you touch often should be cleaned every day.**



Maryland Department of Health – [coronavirus.maryland.gov](https://coronavirus.maryland.gov)  
Call 211 or go to [211md.org](https://211md.org) to find other resources.



Adapted from the CDC flyer titled "10 ways to manage respiratory symptoms at home"



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