

What to do if you have symptoms of coronavirus disease 2019 (COVID-19) but have not been around anyone who has been diagnosed with COVID-19

If you are sick and are concerned you may have COVID-19, follow the steps below to help prevent your infection from spreading to people in your home and community.

Could I have COVID-19?

The most common symptoms of COVID-19 are fever, cough, and shortness of breath. Other symptoms may include chills, muscle pain, headache, sore throat and new loss of taste or smell. If you have [these symptoms](#), even if you have not been around anyone with COVID-19, you may have COVID-19 or another respiratory virus. COVID-19 is circulating in many communities in Washington but several other respiratory viruses are circulating in Washington as well.

Should I go to my doctor and get tested for COVID-19?

If you have [symptoms of COVID-19](#), contact your healthcare provider to ask if you can be tested for COVID-19. There are currently no medications to treat COVID-19.

What should I do to keep my infection from spreading to my family and other people in the community?

Stay home except to get medical care. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home.

- **People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Animals:** You should restrict contact with pets and other animals while sick. When possible, have another member of your household care for your animals while you are sick; if you must care for your pet, wash your hands before and after you interact with pets and wear a face covering, if possible. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have symptoms that are consistent with COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a face covering

You should wear a face covering, if possible, when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a face covering (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a face covering if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands as described below.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is preferred if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water and dried before use by others.

Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms.

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that your symptoms are consistent with COVID-19. Put on a face covering, if possible, before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting your infection.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have symptoms consistent with COVID-19. If possible, put on a face covering before emergency medical services arrive.

Discontinuing home isolation

If you have fever, cough or [other symptoms of COVID-19](#), even if you have not been around anyone who has been diagnosed with COVID-19, you should stay home away from others until

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); AND,
- At least 10 days have passed since symptoms first appeared.