



COVID-19 Home Care Guide

Hawaii Department of Health

If you begin to develop a fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your illness at home.

5 Steps to Follow if you Feel Sick

1. Stay home



- ☐ Avoid contact with others. Do not go to work, school, or public places
- ☐ Try to have a family member or friend deliver food, medicine, and other essentials

2. Monitor your symptoms



- ☐ If your symptoms get worse call your healthcare provider
- ☐ For medical emergencies, call 911

3. Isolate yourself from others in your household



- ☐ Stay in a separate room and use a separate bathroom, if possible
- ☐ If you must be around other people, wear a facemask
- ☐ Avoid touching things around the house and sharing personal items

4. Get lots of rest and stay hydrated



- ☐ Avoid physical activity and drink lots of fluids
- ☐ Try to eat healthy foods to get the nutrients you need to recover

5. Avoid spreading your germs



- ☐ Wash your hands often with soap and water
- ☐ Cover your cough and sneezes and dispose of tissue immediately
- ☐ Clean surfaces frequently with disinfectant products