

# 10 things you can do to manage COVID - 19 at home

1. Stay home.	2. Monitor your symptoms.	3. Get rest.
4. Stay hydrated.	5. If you have a medical appointment, call ahead to inform.	6. Cover your coughs and sneezing.
7. Wash your hands often.	8. Stay in a specific room and away from other people.	9. Avoid sharing personal items.
10. Clean all surfaces touched regularly.		