COVID-19: PREVENTATIVE MEASURES

WHAT TO DO IF YOU ARE SICK

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to others.

SEEKING MEDICAL ATTENTION

- If you think you have been exposed to COVID-19 and develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call your healthcare provider immediately.
- Call ahead for medical appointments to help the office take steps to keep other people from getting exposed.

STAYING AWAY FROM OTHERS

- Restrict activities outside your home, except for getting medical care.
- Restrict contact with pets and other animals while you are sick with COVID-19.
- Wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets.

AVOID INFECTING OTHERS

- Cover your mouth and nose with a tissue when you cough or sneeze, or cough/sneeze into your elbow.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid sharing dishes, cups, utensils, bedding, etc. with other people or pets in your home.

VIRGINIA TECH

Stay informed: ext.vt.edu/covid-19updates
www.cdc.gov/coronavirus/2019-ncov
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