



SAN BERNARDINO
COUNTY

Public Health

CORONAVIRUS : What To Do If You Are Sick

Coronavirus 2019 (COVID-19) is a respiratory disease caused by a novel (new) coronavirus that was first detected in China and has now been detected in almost 70 locations internationally, including the United States. The virus is typically spread by person-to-person contact and through respiratory droplets produced when an infected person coughs or sneezes.

Take steps to protect yourself and your community from Coronavirus

Steps to help prevent the spread of Coronavirus

If you are sick with COVID-19 or suspect you are infected with the virus, follow the steps below to help prevent the disease from spreading to people in your home and community.

Discontinuing self-isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is low. The decision to discontinue home isolation should be made in consultation with your healthcare provider.

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 you have or are being evaluated for COVID-19. Put on a facemask before you enter the facility.

Stay home except to get medical care

People who are mildly ill with COVID-19 are able to isolate at home during their illness. 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

As much as possible, you should stay in a specific room away from other people in your home and use a separate bathroom. It is recommended to restrict contact with pets and other animals while you are sick, just like you would around other people.

Wear a facemask

You should wear a facemask when you are around other people, or pets, and prior to entering a medical facility.

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 with soap and water.

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 wash your hands with soap and water.

Clean your hands

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

Clean all "high-touch" surfaces everyday

"High-touch" surfaces include: counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Clean any surfaces that may have blood, stool or bodily fluids. Use a household cleaning spray or wipe. Read the label for safe and effective cleaning instructions.



351 N. Mountain View Ave., San Bernardino
Call : 800.782.4264

www.sbcounty.gov/dph