

WHAT TO DO WHILE WAITING FOR YOUR COVID-19 TEST RESULTS

DON'T PANIC

80% OF PEOPLE WILL NOT GET SEVERE SYMPTOMS AND CAN RECOVER AT HOME



DO: STAY IN BED



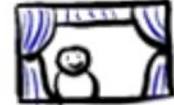
DO: WATCH TV



DON'T: USE PUBLIC TRANSPORT



DO: DRINK WATER OR ELECTROLYTE FLUID



DO: STAY INDOORS



MONITOR YOUR SYMPTOMS

- ✓ TEMPERATURE
- ✓ COUGH
- ✓ SHORTNESS OF BREATH
- ✓ TELL YOUR DOCTOR IF THEY GET WORSE

STAY AT HOME

- ✓ STAY IN YOUR OWN ROOM
- ✓ STAY 6 FEET (2M) AWAY FROM OTHER PEOPLE
- ✓ AVOID PUBLIC TRANSIT

DON'T SPREAD INFECTIONS

- ✓ WASH YOUR HANDS OFTEN
- ✓ COVER YOUR COUGHS AND SNEEZES
- ✓ CLEAN SURFACES AND OBJECTS DAILY
- ✓ DON'T SHARE BLANKETS, DISHES, OR OTHER PERSONAL ITEMS

20 SECONDS



A, B, C, ...
... X, Y, AND Z

SING THE ALPHABET



INFORM HEALTH CARE PROVIDERS

- ✓ WHEN YOU CALL TO MAKE AN APPOINTMENT
- ✓ BEFORE YOU GO TO THE DOCTOR
- ✓ IN AN EMERGENCY, TELL THE DISPATCHER



WAIT TO COME OUT OF QUARANTINE UNTIL...

- ✓ AFTER A NEGATIVE TEST AND YOUR SYMPTOMS ARE GONE
- ✓ OR AT LEAST 7 DAYS AFTER YOUR POSITIVE TEST AND AT LEAST 3 DAYS AFTER SYMPTOMS
- ✓ AND YOU DON'T HAVE FEVER, AND ARE NOT USING FEVER-REDUCING MEDICINES

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