WHAT TO DO IF YOU THINK YOU ARE SICK WITH CORONAVIRUS DISEASE (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus, follow the steps below to help prevent spread of the disease.

Stay home except to get medical care
Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home
You should stay in a specific room and away from other people.

Call ahead before visiting your doctor
If you have a medical appointment, call the health-care provider and tell them that you have or may have COVID-19.

Wear a facemask
Sick people should wear a facemask when you are around other people and before you enter a health-care provider’s office.

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 for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer.

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 thoroughly with soap and water.

Clean your hands often
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Clean all “high-touch” surfaces every day
High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood or body fluids on them. Use a household cleaning spray or wipe.

Monitor your symptoms
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your health-care provider and tell them that you have, or are being evaluated for, COVID-19.

WHAT I AM DOING

I recently supported an emergency budget action plan to address evolving challenges with the coronavirus. The plan includes more than $25 million to assist in virus monitoring, testing and infection control. Steps are being taken right now to help mitigate our risk and provide help to people who need it.

Additionally, the Michigan Department of Health and Human Services is working closely with our local public health departments and the Centers for Disease Control and Prevention to combat the virus.