

Ways to Care for Yourself

1. **Stay home except for medical care.** Practice social distancing.
2. **Monitor your symptoms.** If your symptoms get worse, contact your healthcare provider.
3. **Get rest, stay hydrated and eat nutritious meals.**
4. **Cover your cough and sneezes.**
5. **Wash your hands** with soap and water for at least 20 seconds or use a $\geq 60\%$ alcohol based hand sanitizer.
6. **Disinfect all frequently touched surfaces often.**
7. **Avoid sharing personal items** with members of your household.
8. **Self-isolate** as much as possible in a separate room and **use a separate bathroom** if possible.



- If you think you are experiencing COVID-19 symptoms, contact your healthcare provider and ask for telehealth services.
- Avoid the emergency room. Seek emergency medical attention only when experiencing trouble breathing, persistent pain or pressure in the chest, new confusion, or bluish lips or face.



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生病照顧自己的方法

1. **除就醫外，請留在家中。** 保持社交距離
2. **密切監控您的症狀。** 如果症狀加重，聯繫您的醫療保健人員
3. **充分休息，補充水分，多吃營養的食物**
4. **遮擋咳嗽和打噴嚏**
5. **洗手** 用肥皂、清水洗手至少20秒，或使用不低於60%的手部消毒液洗手
6. **經常消毒所有高頻接觸的物體表面**
7. **避免與家庭成員共享家居物品**
8. 在單獨的房間內**自我隔離**，並盡可能**使用獨立的浴室**



- 如果您認為自己正在經歷新冠病毒疾病的症狀，請與您的醫療保健提供者聯繫並尋求遠程醫療服務。
- 一般情況下避開急診室。如出現呼吸困難，胸部持續疼痛或壓迫感，精神恍惚或意識不清；嘴唇或臉色發紫等緊急體徵時，則應立即尋求緊急救護。



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