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 $a \ge 60\%$ 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**。如果症状加重, 聯繫您的醫療保 健人員



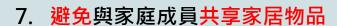
3. 充分休息,補充水分,多吃營養的食物



- 4. 遮擋咳嗽和打噴嚏
- 5. 洗手 用肥皂、清水洗手至少20秒,或使用不低于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





- 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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