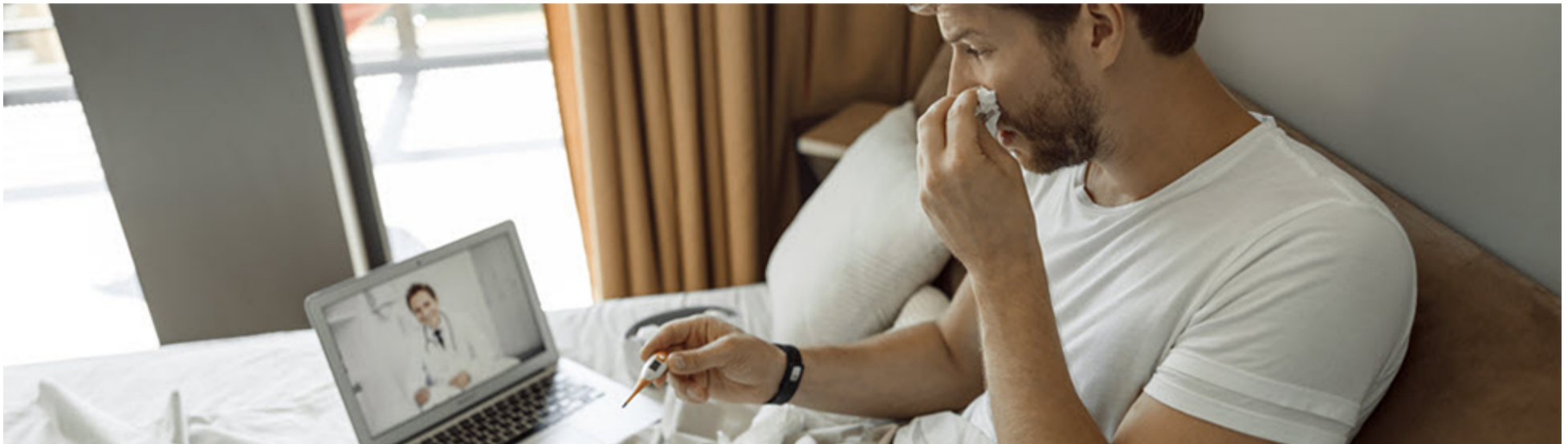




COVID-19

If You Are Sick or Caring for Someone

Updated Nov. 29, 2022



COVID-19 can cause symptoms ranging from mild to very severe. For people who are older or those at [high risk](#) of getting very sick from COVID-19, [treatment may be available](#) that can reduce the chances of being hospitalized or dying from the disease. Contact a healthcare provider right away or visit a [Test to Treat location](#) [↗](#). Treatment must be started within the first few days to be effective.



COVID-19 Tests or Treatment

[Free At-Home Tests](#)[Testing Locator](#)[Treatment Locator](#)

Steps to Take When Sick with COVID-19

When to Seek Emergency Medical Attention: If someone is showing any [emergency warning signs](#), call 911.



Stay home and separate from others

[When and How to Isolate](#)



Improve ventilation (air flow) at home to help prevent COVID-19 from spreading to other people

Use this [interactive tool](#) to learn how to improve air flow at home.

[Improving Ventilation in Your Home](#)



Monitor symptoms and follow healthcare provider instructions

Rest, drink fluids, and use over-the-counter medicines for fever.

[Symptoms of COVID-19](#)



Practice every day hygiene and cleaning and avoid sharing personal household items

- Wash your hands often.
- Cover coughs and sneezes.

[Cleaning Your Home](#)



Wear a high-quality mask or respirator when around other people

Wear a mask with the best fit, protection, and comfort.

For Caregivers

If you are caring for someone with COVID-19:

- Follow everyday [preventative actions](#)
- Wear a high-quality mask when you must be around them
- Learn what to do after being [exposed to COVID-19](#)

Resources

Print Resources




[Don't Delay: Test Soon and Treat Early](#)  [262 KB, 1 page] | [Additional Languages](#)

[Symptoms of COVID-19](#)  [333 KB, 1 page]

[10 Things You Can Do to Manage Your COVID-19 Symptoms at Home](#)  [484 KB, 1 page]

Videos





CORONAVIRUS DISEASE 2019 | COVID-19

10 Things You Can Do to Manage COVID-19 at Home

cdc.gov/coronavirus

10 Things You Can Do to Manage COVID-19 at Home

Video Length: 00:01:32

[Watch Video](#)

Related Pages

- › [Isolation and Precautions for People with COVID-19](#)
- › [Treatments and Medications](#)
- › [Symptoms](#)
- › [Testing](#)

Last Updated Nov. 29, 2022