

How to manage your COVID illness

- Stay home, away from other people, and rest for at least 5 days. Continue until:
 - You feel better; and
 - You're fever-free for 24 hours without the use of fever-reducing medicine.
- Drink plenty of nonalcoholic fluids and take acetaminophen or ibuprofen to help relieve fever and aches.
- For a sore throat, you can gargle with warm salt water and use throat lozenges or sore throat spray.
- For congestion or cough, you can use a humidifier or use saline nasal drops or sprays.
- Don't smoke or vape.

How to prevent spreading COVID to others

- For at least 10 days from your first symptoms, wear a well-fitting mask when you're near other people.
- Stay home for at least 5 days, except to get medical care.
- As much as possible, stay in a separate room in your home, away from other people and pets. Use a separate bathroom if you can.
- Bring as much fresh air into your home as possible. You can do this by opening your windows if it's safe to do so and weather permits. Also, filter the air in your home. You can do this by continuously running your air conditioning system or using portable high-efficiency particulate air (HEPA) cleaners.

Learn more about authorized or approved treatments for COVID at [cdc.gov/covidtreatment](https://www.cdc.gov/covidtreatment)

