



# Checklist: what to do if you have Covid-19 symptoms

Knowing what to do can help us to **better control** situations that could arise at this time, and to **provide assistance** to the people around us. If you have any **symptoms** (such as fever or coughing or difficulty breathing), follow these steps:

- |    |                                  |   |   |
|----|----------------------------------|---|---|
| 1  | <b>SELF-ISOLATE</b>              | In <b>a room by yourself</b> , with a window, keeping the door closed and, if possible, with a bathroom to yourself.<br>If this is not possible: Maintain a safety distance of 2 m from other people, and follow good hygiene measures. |    |
| 2  | <b>KEEP IN TOUCH</b>             | <b>Keep a telephone handy</b> in case you need anything, and to stay in touch with your loved ones.   |    |
| 3  | <b>DOES IT FEEL SERIOUS?</b>     | If you have difficulty breathing or you feel that any other symptom is <b>serious</b> , <b>call 112</b> .   |   |
| 4  | <b>YOUR REGIONAL HOTLINE</b>     | If not, <b>call your regional hotline</b> , or call your local health centre.   |  |
| 5  | <b>SELF-CARE</b>                 | Use <b>paracetamol</b> to treat fever; put a <b>damp cloth</b> on your forehead or take a warm shower to help control the fever; <b>drink liquids</b> ; <b>rest</b> , but move around your room every so often.                         |  |
| 6  | <b>HOME ISOLATION</b>            | Once you have dealt with your immediate needs, study and implement the <b>recommendations for home isolation</b> and inform the people you live with that they must go into quarantine.   |  |
| 7  | <b>HANDWASHING</b>               | Make sure that everyone in your household knows <b>correct handwashing techniques</b> .   |  |
| 8  | <b>IF YOU GET WORSE</b>          | <b>If you get worse</b> or have difficulty breathing, or if your fever does not come down, <b>call 112</b> .  |  |
| 9  | <b>AT LEAST 10 DAYS</b>          | Stay in isolation for <b>at least 10 days</b> starting from the onset of symptoms, as long as three days have passed since the symptoms have disappeared.   |  |
| 10 | <b>FOLLOW-UP &amp; DISCHARGE</b> | Your <b>medical follow-up and discharge</b> will be supervised by your primary care physician, or following the guidelines in each region.  |  |