



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