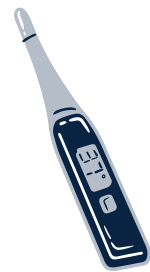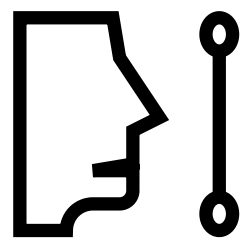# What to Do If You Are Sick...

Steps to help prevent the spread of COVID-19 if you are sick

If you have a fever, cough, or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home. If you are sick:

Keep track of your symptoms.

If you have an emergency warning sign (including trouble breathing), call 911.

Stay home if...
- You are **feeling sick**
- You have a **sick family member** at home

- **Get tested and Wear a mask**

- **Monitor your symptoms**

- **Wash your hands**
- **Cover your coughs and sneezes**
- **Clean surfaces in your home regularly**
- **Avoid sharing personal household items**

- **Increase ventilation** by opening windows or adjusting air conditioning

EMERGENCY WARNING SIGNS*

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Testing Information

https://www.co.sauk.wi.us/publichealth/free-covid-testing-information

PUBLIC HEALTH SAUK COUNTY

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