

I feel sick.

What should I do?

If you are feeling sick, you may be understandably anxious about what your symptoms could mean. If you have symptoms of a fever, loss of smell or taste, cough, trouble breathing or **other symptoms of COVID-19**, you should stay home and seek medical care by contacting the **AU Medical Clinic** at 334-844-9825 or your primary care provider.

1 Seek medical attention — but call first.

Make sure to call before you visit a doctor's office, health center, urgent care center or emergency room, given current demands on the health care system and also for the protection of staff and other patients. Health care providers may provide specific instructions about how to come to their facility and where to go upon arrival to minimize the risk of exposing others, or depending on your symptoms, may give you self-care advice that you can follow at home.

If your provider recommends treatment, when traveling to the health care facility:

- Wear a mask.
- Avoid contact with others as much as possible.
- Do not take public transportation.
- Cover your mouth and nose with a tissue or sleeve (not the hands) when coughing or sneezing.

2 Monitor your symptoms.

When **caring for yourself at home**, monitor your symptoms carefully and if they get worse, call your health care provider. Get rest, stay hydrated, cover your cough and sneezes, and wash your hands often.

3 Avoid contact with others.

As much as you can, stay in a separate room away from other people; avoid sharing items like dishes, towels and bedding; and use a separate bathroom. Wear a face mask if you need to be around other people in your home. **Clean and disinfect all frequently touched surfaces** daily such as doorknobs, handles and tabletops.

