



VA



U.S. Department of Veterans Affairs
Veterans Health Administration

What if I might have the Coronavirus (COVID-19)?

- **Stay at home, away from work and other public places.**



- **You, and those you have close contact with, should carefully watch for symptoms. Individuals you have close contact with include household members, intimate partners, and caregivers.**
- **Close contacts should do the following:**
 - Call their healthcare provider right away if they develop symptoms suggestive of COVID-19.
 - Stay in another room, use a separate bedroom and bathroom, if available, or be separated from the patient as much as possible. Shared spaces in the home should have good air flow, such as by an air conditioner or an opened window, weather permitting.



- **If the person suspected to have COVID-19 is not able to wear a facemask, the close contact should wear a mask when they are in the same room as the person suspected to have COVID-19.**
- **Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol.**



- Clean all “high-touch” surfaces every day. These include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Follow the label instructions for safe and effective use of cleaning products, including wipes.



- Cover your cough and sneezes with a tissue and throw it out. Wash your hands after coughing or sneezing. Avoid touching your eyes, nose, and mouth with unwashed hands.



- Avoid sharing household items such as dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.



- **Wash laundry thoroughly.**
 - Use disposable gloves when handling clothing or bedding that has blood, stool, and/or body fluids on them. Immediately throw out the gloves after the laundry is in the washer.
 - Wash your hands with soap and water or an alcohol-based hand sanitizer immediately after removing your gloves.
 - Follow the directions on labels of laundry detergent or clothing items.
- **Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste.**
- We do not have evidence that the virus can spread to pets at this time. If you have active COVID-19 symptoms, we recommend that you avoid contact with pets.

For more information, visit: <https://www.cdc.gov/coronavirus/2019-ncovd>

*James A. Haley Veterans' Hospital & Clinics
13000 Bruce B. Downs Blvd.
Tampa, FL 33612
(813) 972-2000*

Approved by Hospital Veteran/Family Health Education Committee 2020 #27