



# SOUTHWEST HEALTHCARE SERVICES

## Caring For Yourself at Home

### *If you have possible or confirmed COVID-19 (Coronavirus):*

- 1.) Stay home from work, school and away from other public places. If you must go out, avoid using any kind of public transportation. Family members or people living within the same home should follow the same precautions as someone who is ill as you may have been exposed.
- 2.) Monitor your symptoms carefully. If your symptoms get worse or are unmanageable at home, call your healthcare provider immediately before returning to the facility. 701-523-5555.
- 3.) Get rest and stay hydrated.
- 4.) If you have a medical appointment, call the health care provider ahead of time and tell them that you have or may have COVID-19 (Coronavirus).
- 5.) For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19 (Coronavirus).
- 6.) Cover your cough and sneezes.
- 7.) Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- 8.) As much as possible, stay in a specific room and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a face mask and gloves.
- 9.) Avoid sharing personal items with other people in your threshold, like dishes, towels, and bedding.
- 10.) Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

Southwest Healthcare Services  
802 2nd Street NW  
Bowman, ND 58623  
701-523-5555  
[www.swhealthcare.net](http://www.swhealthcare.net)