# What should I do if I have COVID-19?

If you are sick with either confirmed or suspected COVID-19, you should take these steps to protect others in your home and community and to take care of yourself:

Stay Home

- **Do NOT leave your home, except to get medical care.**
- **Do NOT visit public areas**
- **Avoid public transit, ride-sharing, or taxis**
- **Most people with COVID-19 have mild illness and can recover at home without medical care.**
- **For most with COVID-19 illness, isolation and precautions can stop 10 days after symptom onset and resolution of fever for at least 24 hours. However, immunocompromised patients, like transplant recipients, may shed virus longer and may need to extend isolation for up to 20 days after symptom onset. Discuss appropriate duration of isolation with your transplant team.**

Separate Yourself from Others
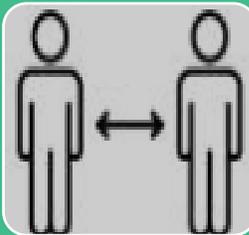
- **Inform all of your close contacts that they may have been exposed to COVID-19**
- **As much as possible, stay in a specific room and away from other people in your home. If possible, use a separate bathroom. Avoid sharing personal household items. The CDC* has additional advice for those living in close quarters here^.**
- **If you need to be around other people, wear a mask and make sure your contacts are also wearing masks**
- **Wash hands often, and routinely clean frequently touched surfaces**

Take Care of Yourself

- **Rest and stay well hydrated.**
- **Discuss which specific medications you can take to help with symptoms with your transplant team**
- **Inform your transplant team and primary doctor once you start feeling sick or are diagnosed with COVID-19. Call ahead for guidance before visiting a doctors office or clinic.**
- **Monitor your symptoms daily and look for warning signs that may indcate you should seek emergency care.**

*For more information from the CDC, click here.
^https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html

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