Most people who get sick with COVID-19 have only mild illness, and should recover at home.* Care at home can help stop the spread of COVID-19, and help protect people who are at risk for getting seriously ill from COVID-19.

If you are caring for someone at home, monitor for emergency signs, prevent the spread of germs, treat symptoms, and carefully consider when to end home isolation.

*Note: Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, kidney disease or diabetes are at higher risk for developing more serious complications from COVID-19 illness, and should contact their health care provider as soon as symptoms start.

Monitor the person for worsening symptoms. Know the emergency warning signs.

- Have their healthcare provider’s contact information on hand.
- If they are getting sicker, call their healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that they have, or are suspected to have, COVID-19.

People who develop emergency warning signs for COVID-19 should get medical attention immediately. Emergency warning signs include:*  
- Difficulty breathing or shortness of breath  
- Persistent pain or pressure in the chest  
- New confusion or inability to arouse  
- Bluish lips or face  

*This list is not comprehensive. Please consult your medical provider for any other symptoms that are severe or concerning.

Provide symptom treatment.

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Over-the-counter medicines may help with symptoms.
- For most people, symptoms last a few days and get better after a week.
When to end home isolation (staying home).

People with COVID-19 who have stayed home (are home isolated) can stop home isolation under the following conditions:

- **If they will not have a test** to determine if they are still contagious, they can leave home after these three things have happened:
  - They have had no fever for at least 72 hours (three full days of no fever without the use of medicine that reduces fevers), AND
  - Other symptoms have improved (for example, their cough or shortness of breath have improved), AND
  - At least 7 days have passed since their symptoms first appeared.

- **If they will be tested** to determine if they are still contagious, they can leave home after these three things have happened:
  - They no longer have a fever (without the use of medicine that reduces fevers), AND
  - Other symptoms have improved (for example, their cough or shortness of breath have improved), AND
  - They received two negative tests in a row, 24 hours apart. Their health care will follow CDC guidelines.