Checklist: what to do if you have Covid-19 symptoms

Knowing what to do can help us to **better control** situations that could arise at this time, and to **provide assistance** to the people around us. If you have any symptoms (such as fever, cough, or difficulty breathing), follow these steps:

1 SELF-ISOLATE

In a room by yourself, with a window, keeping the door closed and, if possible, with a bathroom to yourself.
If this is not possible: Maintain a safety distance of 2 m from other people, and follow good hygiene measures.

2 KEEP IN TOUCH

Keep a telephone handy in case you need anything, and to stay in touch with your loved ones.

3 DOES IT FEEL SERIOUS?

If you have difficulty breathing or you feel that any other symptom is serious, call 112.

4 YOUR REGIONAL HOTLINE

If not, call your regional hotline, or call your local health centre.

5 SELF-CARE

Use paracetamol to treat fever; put a damp cloth on your forehead or take a warm shower to help control the fever; drink liquids; rest, but move around your room every so often.

6 HOME ISOLATION

Once you have dealt with your immediate needs, study and implement the recommendations for home isolation and inform the people you live with that they must go into quarantine.

7 HANDWASHING

Make sure that everyone in your household knows correct handwashing techniques.

8 IF YOU GET WORSE

If you get worse or have difficulty breathing, or if your fever does not come down, call 112.

9 14 DAYS LATER

The recommendations are to remain isolated for at least 14 days from the onset of symptoms, longer if you still have symptoms.

10 FOLLOW-UP & DISCHARGE

Your medical follow-up and discharge will be supervised by your primary care physician, or following the guidelines in each region.