

Ways to Care for Yourself

1. **Stay home except for medical care.** Practice social distancing.



2. **Monitor your symptoms.** If your symptoms get worse, contact your healthcare provider.



3. **Get rest, stay hydrated and eat nutritious meals.**

4. **Cover your cough and sneezes.**

5. **Wash your hands** with soap and water for at least 20 seconds or use a $\geq 60\%$ alcohol based hand sanitizer.



6. **Disinfect all frequently touched surfaces often.**



7. **Avoid sharing personal items** with members of your household.



8. **Self-isolate** as much as possible in a separate room and **use a separate bathroom** if possible.

- If you think you are experiencing COVID-19 symptoms, contact your healthcare provider and ask for telehealth services.
- Avoid the emergency room for non-urgent care. However, you have to seek emergency medical attention when experiencing trouble breathing, persistent pain or pressure in the chest, new confusion, or bluish lips or face.



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