



Sick with COVID-19, flu, or RSV?

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Steps to take if you are sick with COVID-19, flu, or RSV



- **Stay home** and separate from others.
 - Wear a high-quality mask or respirator when around others.



- **Test and treat.**
 - Medications for COVID-19 and flu work best when started right after symptoms begin.



- **Open windows** to improve airflow and take steps for cleaner air.



- **Monitor symptoms** and follow health care provider instructions.



- **Rest, drink fluids,** and try over-the-counter medicines for fever if needed.



- **Practice everyday hygiene and cleaning.**
 - Wash hands often, cover coughs and sneezes, avoid sharing personal household items, clean frequently touched surfaces.



COUNTY OF SAN DIEGO
HEALTH AND HUMAN SERVICES AGENCY



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For more information, please visit:
sandiegocounty.gov/respiratoryviruses



3/12/2024



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