What do I do if I'm sick?

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Monoclonal Antibody Therapy for COVID-19

[Monoclonal antibody therapy (https://floridahealthcovid19.gov/monoclonal-antibody-therapy/)](https://floridahealthcovid19.gov/monoclonal-antibody-therapy/) can prevent hospitalization or death in high-risk patients with COVID-19 and are widely available in Florida.

Treatment is free and vaccination status does not matter. If you are 12 years and older and are at high risk for severe illness due to COVID-19, you are eligible for this treatment.

- In clinical trials, monoclonal antibody treatment showed a 70% reduction in hospitalization and death.

- For high-risk patients who have been exposed to someone with COVID19, Regeneron can give you temporary immunity to decrease your odds of catching the infection by over 80%.

- Click here to find a monoclonal antibody treatment site (https://floridahealthcovid19.gov/monoclonal-antibody-therapy/mab-locator/).

For more information, call the Florida Department of Health Monoclonal Antibody Treatment Support Line: 850-344-9637.

Stay home

Stay home except to get medical care.

- Most people with COVID-19 have mild illness and can recover at home without medical care.

- Take care of yourself. Get rest and stay hydrated.

- Stay in touch with your health care provider. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

- If possible, avoid public transportation, ride-sharing, or taxis.

Stay away from others

As much as possible, stay in a specific room and away from other people and pets (https://www.cdc.gov/coronavirus/2019-ncov/faq.html) in your home. If possible, you should use a separate bathroom.

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

Monitor your symptoms

Symptoms of COVID-19 include fever, cough, or other symptoms (https://floridahealthcovid19.gov/exposure/).

Follow care instructions from your health care provider.

Call ahead before visiting your doctor

If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you
have or may have COVID-19. This will help the office protect themselves and other patients.

Get tested

If you have symptoms of COVID-19, get tested. While waiting for test results, you should stay away from others, including staying apart from those living in your household.

Florida has many sites that are providing testing for COVID-19. You can find **testing site locations** in your area here (https://floridahealthcovid19.gov/testing-sites/).

If you are sick, wear a mask over your nose and mouth

You should wear a mask over your nose and mouth if you must be around other people.

You do not need to wear the mask if you are alone. If you cannot put on a mask (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.

Masks should not be placed on young children under 2 years of age, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.

Avoid sharing personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other
people in your home. Wash these items thoroughly after using them with soap and water or put in the dishwasher.

Practice public health mitigation measures

The best way to prevent disease and illness is to practice tried and true public health mitigation measures (https://floridahealthcovid19.gov/prevention/).

Find more information about what to do if you are sick here. (https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)