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If you are sick or suspect you have a cold virus or COVID-19, follow the steps below to help prevent the virus from spreading to people in your home and community.

### Stay home

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride sharing, or taxis.

### Call ahead before visiting your doctor

If you suspect you have a cold virus or COVID-19, instead of traveling to your doctor's office for an in-person appointment, consider:

- Calling your healthcare providers advice nurse line
- Emailing your doctor
- Schedule a phone appointment, E-Visit or Video Visit

### Pacific Self-Funded Plans EPO and PPO-HD

- **LiveHealth Online** provides easy, fast doctor visits from the comfort of your computer or mobile device, Free for Pacific EPO plan members. Pacific High-Deductible members pay \$59 per "visit" until deductible is met. Review the step by step [guide](#) to enroll at [livehealthonline.com](http://livehealthonline.com).

### Pacific's Kaiser Permanente Plans HMO and HMO-HD

- Visit the [Kaiser's website](#) to find out more information about Kaiser Permanente's [remote care options](#).

### Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

### Avoid sharing personal household items

If you have a cold or flu symptoms, you should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

### **Clean all “high-touch” surfaces everyday**

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

### **Separate yourself from other people and animals in your home**

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

### **Discontinuing home isolation**

Patients who are confirmed to have a **cold virus or COVID-19** should remain under home isolation until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with your Doctor