

COVID-19 Positive Patient Instructions

These recommendations do NOT apply to healthcare professionals.

You have COVID-19. You are recommended to STAY HOME.

Day 0 of isolation is the first day of symptoms **OR** the day you were tested.
 Day 1 is the first full day **AFTER** the day your symptoms started **OR** the first full day following the day you were tested.

<p>IF YOU:</p> <ul style="list-style-type: none"> • Tested positive for COVID-19 <u>OR</u> • Have symptoms (including people who are awaiting test results or have not been tested) 	<p>Stay home for at least 5 days You are likely most infectious during these first 5 days.</p> <p>Isolate from others in your home. Separate from others as much as possible.</p> <p>Wear a high-quality mask if you must be around others at home and in public.</p> <p>Do not go places where you are unable to wear a mask.</p> <p>Do not travel.</p> <p>Use a separate bathroom, if possible. Don't share personal household items, like towels, cups, and utensils.</p>	<p>Ending isolation if you <u>HAD</u> symptoms End isolation after day 5 IF you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</p> <p>If you still have a fever or your other symptoms are not improved, continue to isolate until they improve.</p> <p>If you had moderate illness (if you experienced shortness of breath or had difficulty breathing) or severe illness (you were hospitalized), or you have a weakened immune system, you need to isolate through day 10.*</p> <p>Ending isolation if you did <u>NOT</u> have symptoms End isolation after day 5.</p>	<p>Take precautions until Day 11 Avoid being around people who are more likely to get very sick from COVID-19.</p> <p>Wear a high-quality mask Wear a mask when indoors around others at home and in public through day 10. Do not go places where you are unable to wear a mask.</p> <p>If you have access to antigen tests, you should consider using them. With 2 sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.</p> <p>After you have ended isolation, if your symptoms recur or worsen, restart your isolation at day 0.</p>
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* If you had severe illness or a weakened immune system, consult your healthcare provider before ending isolation. Ending isolation without a viral test may not be an option for you. If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

SYMPTOMS: Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Possible symptoms include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. This list does not include all possible symptoms. Older adults and people who have underlying medical conditions like heart or lung disease or diabetes are at higher risk for getting very sick from COVID-19.

TELL YOUR CLOSE CONTACTS THEY MAY HAVE BEEN EXPOSED.

GET VACCINATED FOR COVID-19

Find vaccine providers at vaccines.gov.



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 Prevent. Promote. Protect.

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

If someone has any of the following symptoms, they should seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Please call your healthcare provider for any other symptoms that are severe or concerning to you or call 911.



**TROUBLE
BREATHING**



**PRESSURE
OR CHEST
PAIN**



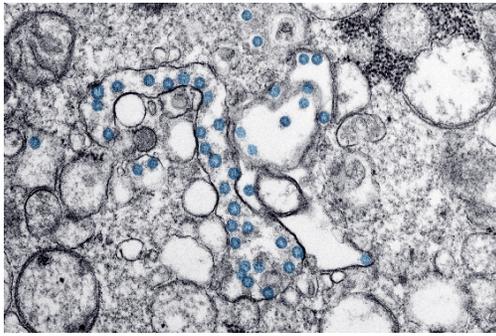
**PALE, GRAY, OR
BLUE-COLORED
SKIN, LIPS, OR
NAIL BEDS**



**CONFUSED or
HARD TO WAKE
or STAY AWAKE**



**OTHER
SERIOUS
SYMPTOMS**



COVID-19 Exposure Instructions

These recommendations do NOT apply to healthcare professionals.

You have been **EXPOSED** to **COVID-19**. What you are advised to do.

Wear a mask as soon as you find out you were exposed. **Start counting from Day 1.**

Day 0 is the day of your last exposure to someone with COVID-19.

Day 1 is the first full day after your last exposure.

Start precautions immediately, regardless of your vaccination status or if you have had a previous infection.

THROUGH DAY 10

Wear a high-quality mask

Wear a high-quality mask any time you are around others inside your home or indoors in public.

Take extra precautions if you will be around people who are more likely to get very sick from COVID-19.

Watch for symptoms such as a fever (100.4 degrees F or higher), cough, shortness of breath, etc.

If you develop symptoms

Isolate immediately and get tested. Stay home until you know the result.

GET TESTED ON DAY 6

Get tested at least 5 full days after your last exposure. Test even if you do not develop symptoms.

If you already had COVID-19 within the past 90 days:

- If your first positive test result was within 30 days or less:
I have symptoms: Use antigen tests. If negative, multiple tests may be necessary.
I do NOT have symptoms: Testing is not recommended to detect a new infection.
- If your first positive test result was within 31-90 days:
Use antigen tests. If negative, multiple tests may be necessary.

If you test negative

Continue taking precautions through Day 10. You can still develop COVID-19 up to 10 days after you have been exposed.

If you test positive

Isolate immediately.

GET VACCINATED FOR COVID-19

Find vaccine providers at [vaccines.gov](https://www.vaccines.gov).



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