

# SO, YOU TESTED POSITIVE FOR COVID-19...

If you are sick or test positive for COVID-19, isolate at home even if you do not have symptoms, regardless of your vaccination status.



## STAY HOME FOR AT LEAST 5 DAYS

Stay home for **5 days** and isolate from others in your home.

Stay home **except to get medical care**.

**Wear a well-fitted mask for 10 full days** if you must be around others in your home or in public.

**Do not travel until a full 10 days** after your symptoms started or the date your positive test was taken if you had no symptoms.

## TAKE CARE OF YOURSELF

Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

Stay in touch with your doctor. Call before you get medical care.



## TELL YOUR CLOSE CONTACTS

For COVID-19, a **close contact** is anyone who was less than 6 feet away from you for a combined total of 15 minutes or more over a 24-hour period

*A person with COVID-19 can infect others 48 hours before the onset of symptoms*, so inform any close contacts you were with 2 days before you felt sick.

## WATCH OUT FOR OTHER SYMPTOMS

**Symptoms of COVID-19 include fever, cough, or other symptoms**

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, 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**

