

I have COVID-19. What should I do?

Take these steps to help
keep your loved ones
and community well.

COVID-19 is very contagious. Even if you feel well, it's important to take precautions to protect others.



There's
a difference!

+ Isolation

is for people who are ill with
or have tested positive for
COVID-19.

? Quarantine

is for people who have been exposed
to COVID-19 but are not experiencing
symptoms or have not been tested yet.

- 1 Isolate away from others.** Isolate in a room in your home away from all others in your household, including spouses and children, even during mealtimes. If you can, use a separate bathroom. If you are the only caregiver in a household, wear masks and practice social distancing when contact must occur. **Isolate for a minimum of 10 days from symptom onset or, if you have not experienced symptoms, a minimum of 10 days from your positive COVID-19 test. After 10 days, you can leave isolation ONLY when you've been fever free for 24 hours without the use of fever-reducing medication and all symptoms have improved.**
- 2 Tell family, friends and other close contacts you have COVID-19 so they can quarantine.** Let people know you have COVID-19, they have been exposed, and need to quarantine **if you've spent more than 15 minutes within 6 feet from them during the 48 hours before you became sick or while you were sick.** Don't forget family gatherings, churches, parties, etc.! **Family, friends, and other close contacts should quarantine for the recommended 14 days from the last time they were with you.**
- 3 Notify your employer.** Notify your employer that you have COVID-19, and let them know who you've recently worked with who was within 6 feet from you for 15 minutes or more.
- 4 Inform schools and keep children home until their full quarantine is over.** Inform the schools for each of your children that someone in your household has COVID-19, and keep all children home from school until their quarantine is over.
- 5 Seek medical attention if you need it.** Call your medical provider with any symptoms that are severe or concerning to you. Seek emergency medical attention immediately if you experience any of the following*: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face.

*This list is not all possible symptoms.



If you would like additional information about what to do if you have or have been exposed to COVID-19, visit www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html.