

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.

- 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 at home away from others for a minimum of 5 days from symptom onset or, if you have not experienced symptoms, a minimum of 5 days from your positive COVID-19 test. After 5 days, you can leave your home ONLY when you've been fever free for 24 hours without the use of fever-reducing medication and all symptoms have improved. After those 5 days, continue to wear a mask around others for an additional 5 days, even if you have not experienced symptoms and 5 days have passed since your positive COVID-19 test.**
- 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 that they need to quarantine **if you've spent more than 15 minutes within 6 feet from them at any time in 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 amount of time. Refer to CDC guidance.**
- 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. Follow the school's quarantine policy.** Inform the schools for each of your children that someone in your household has COVID-19. Follow school's quarantine policy.
- 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.



Do you have additional questions about what to do if you have or have been exposed to COVID-19?

CDC's What to do if you're sick. www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html
Quarantine and Isolation Guidance from CDC www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html