

TAKE ACTION IF YOU HAVE COVID-19

If you are sick, stay home and get tested for COVID-19.
If you test positive, stay home and isolate for at least 5 days.

GIVE SPACE TO PEOPLE YOU LIVE WITH & **DO NOT** HOST VISITORS

Stay in a separate part of your home when possible and use a different bathroom if you can.

WASH YOUR HANDS

With soap and water, for 20 seconds each time you wash them.

CLEAN ALL "HIGH TOUCH" SURFACES

Wipe down and sanitize shared spaces often.

STAY HOME AT LEAST 5 DAYS

WEAR A MASK FOR 10 DAYS

Over your mouth and nose. **Even at home**, if you are with other people.



WHAT TO DO: STAY HOME, MASK & MONITOR

DAY 0

This is the first day you test positive or have symptoms.

Stay home and stay away from others (isolate)

If you are at high risk for severe illness, talk to your doctor about treatment.

DAY 6

End isolation on day 6 or later if:

You **never** had symptoms
or
if you are fever-free for 24 hours and other symptoms have improved.

Continue to mask.

Everyone through day 10:

- **Wear a mask** around others **OR**
- After day 6, you can use 2 consecutive negative antigen tests, (48 hours apart) to decide when to stop masking.
- **Avoid people at high risk** of getting very sick.

DAY 11

If you remain symptom and fever free without the use of medication, you can stop masking on day 11 or later.