

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.

Mild Illness?

STAY HOME AT LEAST 5 DAYS

Moderate or Severe Illness?

STAY HOME AT LEAST 10 DAYS

WEAR A MASK FOR 10 DAYS

Over your mouth and nose.

Even at home around other people.

AVOID PEOPLE AT RISK FOR SEVERE ILLNESS

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 risk for severe illness, talk to your doctor about treatment.

Risk factors for severe illness:

- Age over 65
- Obesity
- Medical conditions

([link: CDC list of risk factors](#))

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.

After day 6, you *may* use 2 consecutive negative antigen tests, (48 hours apart) to decide when to stop masking.

DAY 11

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

