

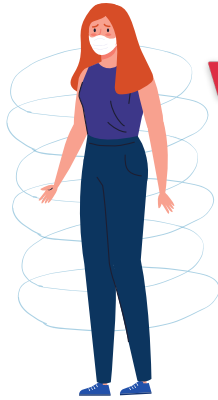
COVID-19 POSITIVE OR SYMPTOMATIC Isolation Guidance for the General Public



If you tested positive or have symptoms of COVID-19, 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.



WHAT TO DO: STAY HOME, MASK & MONITOR

WEAR A MASK FOR 10 DAYS

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

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 FOR 5 DAYS

Start counting on the date of your positive test, OR on the first day of symptoms.

If you start out asymptomatic but get symptoms during your 10-day isolation period, begin the 10-day count again. The first day of symptoms is your new Day 0.

WATCH FOR SYMPTOMS OF COVID-19

For a full list visit www.cdc.gov

Day 0

THE DATE OF YOUR POSITIVE TEST OR YOUR FIRST DAY OF SYMPTOMS*

Day 1

THIS IS YOUR FIRST FULL DAY AFTER

- your positive test or
- your symptoms start.

Day 2

Day 3

Day 4

Day 5

**DAY 5
NO FEVER
NO TEST**

...and your other symptoms are gone or getting better?

Then you can leave your house on day 6.

Wear a mask until at least day 10

Day 6

Day 7

Day 8

Day 9

**DAY 5
WITH
FEVER**

Continue to **stay home** until your fever is gone and your symptoms are getting better.

Wear a mask until at least day 10

If you test...
TAKE AN ANTIGEN TEST
on or after day 5.

If your test is **Negative**: You can end isolation. Wear a mask until day 10.

If your test is **Positive**: Stay home and wear a mask until day 10 and all symptoms are gone or getting better.

Day 10

**NO FEVER?
NO SYMPTOMS?**

Last day of masking around others.

**FEVER?
SYMPTOMS?**

Keep masking until fever is gone and symptoms are gone or better.