

# When you are SICK with COVID-19 symptoms, ISOLATE yourself from contact with others.

Sick people are the source of infection to other people.

- **ISOLATION** means separating sick people with COVID-19 from people who are not sick.



- **Who should be isolating themselves?**

- Anyone who has tested positive for COVID-19.
- Anyone who has symptoms including a new fever, cough, shortness of breath, change in taste or smell, sore throat, body aches, fatigue, nausea, diarrhea..

- **What does it mean to isolate yourself?**

- Stay home and stay away from others. In general, a person's residence is the preferred setting for isolation.

Pay particular attention to stay away from seniors, people with weak immune systems, and people with chronic health problems.

- Do not go to work outside of your home.
- Do not go to school or child care.
- Do not go to public places.
- Try to make arrangements for someone to drop off necessary supplies outside your home.



- **Monitor your symptoms**

- If you are concerned about the severity of your symptoms, call your health care provider before seeking medical care in person.
- If your condition requires calling 911, tell the 911 operator that you have or might have COVID-19.
- Discussions about COVID-19 testing should be made with your health care provider.



- **How long do you have to stay home and stay away from others?**

- At least 10 days have passed since your first symptom appeared

**AND**

- At least 24 hours have passed since your fever resolved without using fever reducing medicine

**AND**

- Your symptoms have gotten better for at least 24 hours



- **What if I tested positive but never had symptoms?**

- Stay home for 10 days after your first positive test.

- Health care workers, first responders, and people who work in a long term care facility have additional instructions. You must immediately report your positive test result or report your illness to your health care facility supervisor. Follow the facility instructions and protocols for how long to stay home and when you are permitted to return to work.



- Because of the rapid increase in COVID-19 cases, public health is asking sick persons to voluntarily comply with isolation. However, public health agencies have the legal authority to issue a public health order to mandate isolation.

*More information on back....*

[www.tchd.org/coronavirus](http://www.tchd.org/coronavirus)