

COVID-19

When Can I Be Around Others?

FOR ADDITIONAL QUESTIONS CALL YOUR COUNTY HEALTH DEPARTMENT

I KNOW/THINK I HAVE COVID-19 WITH SYMPTOMS (ISOLATION)

You can be around others after - **10 days** have passed since your symptoms first appeared **AND**

Symptoms have dramatically improved (cough, shortness of breath) **AND**

You have been fever free for at **least 24 hours** (without use of fever reducing medication)

*INDIVIDUALS WITH SEVERE OR CRITICAL ILLNESS MAY HAVE AN EXTENDED ISOLATION PERIOD

I TESTED POSITIVE BUT HAVE NO SYMPTOMS (ISOLATION)

If you continue to have no symptoms, you can be around others after -

10 days have passed since you were tested

If you develop symptoms after testing positive, follow the guidance for "I know or think I had COVID-19 AND I had symptoms"

I WAS A "CLOSE CONTACT" OF SOMEONE WITH COVID-19 (QUARANTINE)

You should quarantine (stay home, monitor for symptoms) for **14 days** AFTER LAST EXPOSURE. This is based on the time it takes to develop illness.

Close contact means within 6 feet of the individual for at least 15 minutes.

Contact your county health department if you begin to experience symptoms.

What Do My Test Results Mean?

FOR ADDITIONAL QUESTIONS CALL YOUR COUNTY HEALTH DEPARTMENT

IF YOU TEST POSITIVE FOR COVID-19 TAKE STEPS TO HELP PREVENT THE SPREAD

STAY HOME - ISOLATE

Do not leave your home, except to get medical care. Do not visit public areas.

GET REST & STAY HYDRATED

SEPARATE YOURSELF FROM OTHERS

As much as possible, stay in a specific room and away from other people and pets in your home.

FOLLOW TIMELINE ON THE PREVIOUS PAGE

A symptom or time-based strategy is recommended. Except for rare situations, a test-based strategy is no longer recommended to determine when to allow individuals to return to work.

IF YOU TEST NEGATIVE

If you were a "close contact" to a confirmed case of COVID-19, **QUARANTINE** and follow guidance on previous page.

A NEGATIVE TEST RESULT DOES NOT MEAN YOU WON'T GET SICK LATER!

The sample may have been collected very early in your infection period and you could test positive later.

Negative results do not release an individual from quarantine or isolation.