

# 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.**

