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.

WEAR A MASK FOR 10 DAYS

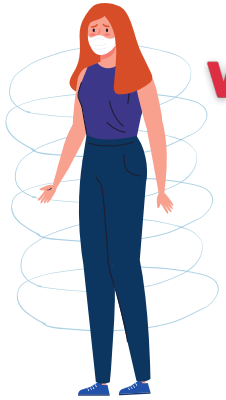
Over your mouth and nose. **Even at home**, if you live with other people.

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

WHAT TO DO: STAY HOME, MASK & MONITOR

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 6

Day 7

Day 8

Day 9

Day 10

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 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.

NO FEVER? NO SYMPTOMS?

Last day of masking around others.

FEVER? SYMPTOMS?

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

More resources at:
www.netracing.org