With soap and water, for 20 seconds each time you wash them.

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.

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.

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?

Day 5 WITH FEVER
Continue to stay home until your fever is gone and your symptoms are getting better.

Day 6
Then you can leave your house on day 6.

Day 7
Wear a mask until at least day 10

Day 8

Day 9

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.

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.

If you test...
ON OR AFTER DAY 5.
If 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

If you tested positive or have symptoms of COVID-19, stay home and isolate for at least 5 days!

More resources at: www.netracing.org

Learn more at Coronavirus Disease (COVID-19) | CDC