

COVID POSITIVE HOW TO ISOLATE

NO VISITORS

STAY HOME

Until at least 10 days after your symptoms first appeared...

AND you have been fever-free for 1 full day (without fever-reducing medicine)...

AND all your other symptoms are better.

NO SHARING

Do *not* share towels, silverware, cups, bowls, or plates with anyone else in your home.

WASH YOUR HANDS OFTEN

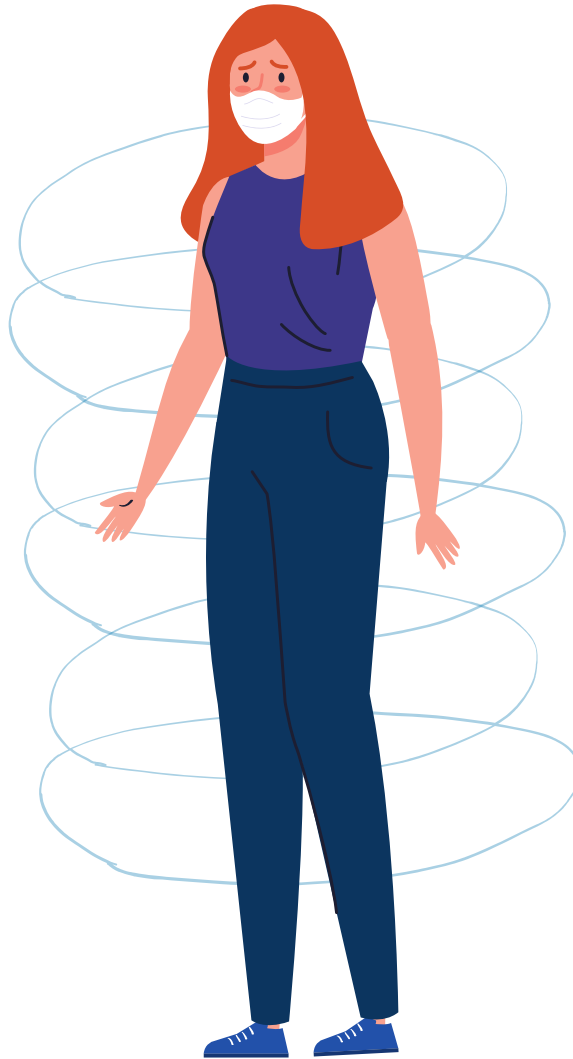
With soap and water, for 20 seconds each time you wash them.

WEAR A MASK

Over your mouth and nose.

Even at home if you live with other people.

If you tested positive or have symptoms of COVID-19, you must isolate.



CLEAN ALL "HIGH TOUCH" SURFACES EVERYDAY

Clean things you and your family touch a lot: like counters, tabletops, doorknobs, sink faucet handles, toilets handles, phones, keyboards, tablets, and bedside tables.

COVER YOUR COUGHS & SNEEZES.

Cover your mouth and nose with a tissue when you cough or sneeze.

Throw used tissues in a lined trash can; immediately wash your hands.

STAY AWAY FROM PEOPLE YOU LIVE WITH

Stay in a separate part of your home as much as possible.

Use a different bathroom if you can.

LIMIT CONTACT WITH PETS.

Just to be safe experts recommend that people who are isolating avoid touching their pets until we know more how coronavirus spreads.