

COVID-19 POSITIVE OR SYMPTOMATIC: Isolation Guidance

If you have tested positive or have symptoms of COVID-19, you need to stay home and isolate for 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

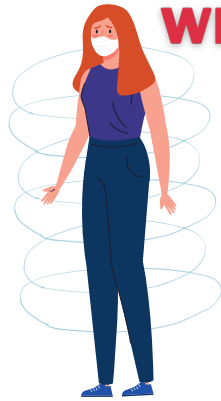
Over your mouth and nose. **Even at home**, if you live with other people.

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.



WHAT TO DO: STAY HOME, MASK & MONITOR

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

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

...and your other symptoms are gone or getting better?

Then you can leave your house.

Continue to wear a mask for 5 more days.

Day 6

Day 7

Day 8

Day 9

Day 10

NO FEVER? NO SYMPTOMS?

Last day of masking around others.

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.

FEVER? SYMPTOMS?

Keep masking until your fever is gone.

More resources at:
www.netracing.org