

WHAT TO DO IF YOU HAVE COVID-19

Starting the day you first had symptoms OR if you don't have symptoms, start with the day you were tested

Stay home for the next 5 days

Stay away from other people as much as possible (including those in your own household)

If you can't stay away from other people, wear a well-fitting mask

On day 6 (after 5 full days of isolation)

Do you have a fever or other symptoms that are not getting better?

Yes

No

- Stay home until your fever is gone and other symptoms are better and
- Wear a well-fitting mask for the next 5 days

- Resume normal activities <u>and</u>
- Wear a well-fitting mask for the next 5 days

Example:

January						
2	3	4	5	6	7	8
Symptoms Started Or *Tested positive if no symptoms	Isolation Day 1	Isolation Day 2	Isolation Day 3	Isolation Day 4	Isolation Day 5	Release from Isolation Wear a mask Day 1
9	10	11	12	13	14	15
Wear a mask Day 2	Wear a mask Day 3	Wear a mask Day 4	Wear a mask Day 5	Release from mask wearing		