

KNOW YOUR COVID-19 TERMS

SELF-MONITORING/ QUARANTINE



If you've been exposed to someone with COVID-19, you should quarantine at your place of residence and monitor your symptoms for 14 days. If you develop symptoms, contact your primary care provider or health center before going in for a visit.

HOME ISOLATION



If you have tested positive for COVID-19 but do NOT require hospitalization, you should remain on HOME ISOLATION.



CARING FOR YOURSELF DURING HOME ISOLATION



- Stay Home & Isolated

Try to separate yourself from others as much as possible. Don't share towels, dishes, bedding with others.

- Drink Plenty of Fluids

- Cover Your Cough

- Use Fever-Reducing Medicines

If you have medical conditions or allergies that prevent the use of Ibuprofen and Acetaminophen (Tylenol and Motrin), make sure to talk to your health care provider.

- Wear a Mask Around Others

- Wash Your Hands



STOPPING HOME ISOLATION



You are ready to stop home isolation when you are no longer contagious. You are no longer contagious if:

- ✓ You've had no fever for at least 72 hours without taking any fever-lowering medications;
- ✓ Your other symptoms have IMPROVED; AND
- ✓ At least 7 DAYS have passed since your first displayed symptoms.