When you're sick with COVID-19 symptoms, ISOLATE yourself from contact with others.

Sick people are the source of infection to other people.

**Who should be isolating themselves?**

Anyone who has tested positive for COVID-19, regardless of vaccination status.

Anyone who has symptoms including a new fever, cough, shortness of breath, change in taste or smell, sore throat, congestion, tiredness, body aches, headache, vomiting, diarrhea

If you have any of these symptoms or have been around someone with COVID-19, get a test and stay home.

**What does it mean to isolate yourself?**

Stay home and stay away from others. In general, a person's residence is the preferred setting for isolation. Pay particular attention to stay away from seniors, people with weak immune systems, and people with chronic health problems. Make arrangements for someone to drop off necessary supplies outside your home.

**DO NOT**

- Go to work outside of your home.
- Go to school or child care.
- Go to public places.

[Source: www.tchd.org/COVID-19]
Monitor your symptoms

If you are concerned about the severity of your symptoms, call your health care provider before seeking medical care in person.

If your condition requires calling 911, tell the 911 operator that you have or might have COVID-19.

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### STAY HOME FOR 5 DAYS

How long do you have to stay home and stay away from others?

<table>
<thead>
<tr>
<th>Step</th>
<th>Condition</th>
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<tbody>
<tr>
<td>1. If you have no symptoms OR your symptoms get better after 5 days.</td>
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<tr>
<td>2. At least 24 hours have passed since your fever stopped without using fever reducing medicine.</td>
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<tr>
<td>3. Your symptoms have gotten better</td>
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<tr>
<td>4. Everyone should wear a mask when around other people for 5 additional days (days 6 to 10).</td>
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</table>

What if I tested positive but never had symptoms?

Stay home for 5 days after your first positive test.

If your symptoms have not improved by Day 5, then stay home until you are feeling better.

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Special Considerations

Health care workers, first responders, and people in residential care facilities have additional instructions. They must immediately report their positive test result or report their illness to their health care facility supervisor.

Follow the supervisor’s instructions and protocols for how long to stay home and when you are permitted to return to work. Health care workers should do what they are told by the health care facility they work for.

People who cannot wear a mask (children aged 0-2 years or others who cannot wear a mask) and people who were severely ill or who are immunocompromised may require a longer period of isolation.

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www.tchd.org/COVID-19

**UPDATED** 01/11/2022