

# 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

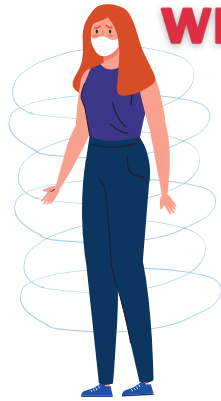
Over your mouth and nose. **Even at home**, if you live with other people.

## 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](http://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](http://www.netracing.org)