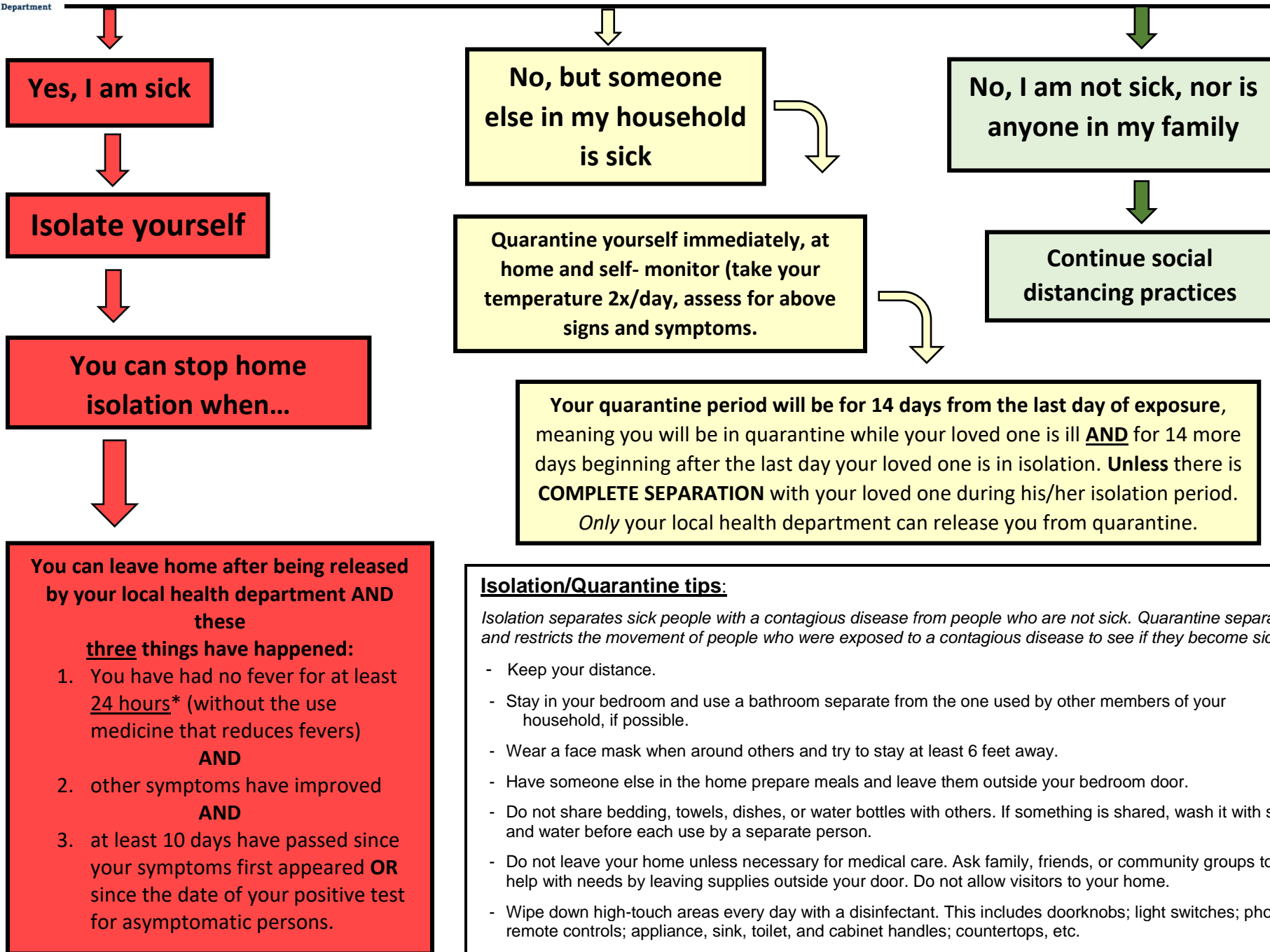




# Are you sick with COVID-19 symptoms?

Symptoms can include fever, cough, shortness of breath, loss of smell/taste, headache, abdominal pain, etc.



**You can leave home after being released by your local health department AND these three things have happened:**

1. You have had no fever for at least 24 hours\* (without the use of medicine that reduces fevers) **AND**
2. other symptoms have improved **AND**
3. at least 10 days have passed since your symptoms first appeared **OR** since the date of your positive test for asymptomatic persons.

**Isolation/Quarantine tips:**

*Isolation separates sick people with a contagious disease from people who are not sick. Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.*

- Keep your distance.
- Stay in your bedroom and use a bathroom separate from the one used by other members of your household, if possible.
- Wear a face mask when around others and try to stay at least 6 feet away.
- Have someone else in the home prepare meals and leave them outside your bedroom door.
- Do not share bedding, towels, dishes, or water bottles with others. If something is shared, wash it with soap and water before each use by a separate person.
- Do not leave your home unless necessary for medical care. Ask family, friends, or community groups to help with needs by leaving supplies outside your door. Do not allow visitors to your home.
- Wipe down high-touch areas every day with a disinfectant. This includes doorknobs; light switches; phones; remote controls; appliance, sink, toilet, and cabinet handles; countertops, etc.
- Limit contact with pets. If you do interact with pets, wash your hands before and after.

\*Updated: 07/21/2020 KS