

COVID-19 When Can I Be Around Others?

***FOR ADDITIONAL QUESTIONS CALL YOUR
COUNTY HEALTH DEPARTMENT***

I KNOW/THINK I HAVE COVID-19 WITH SYMPTOMS (ISOLATION)

You can be around others after -
10 days have passed since your
symptoms first appeared **AND**

Symptoms have dramatically
improved (cough, shortness of
breath) **AND**

You have been fever free for at
least 24 hours (without use of
fever reducing medication)

*INDIVIDUALS WITH SEVERE OR CRITICAL
ILLNESS MAY HAVE AN EXTENDED
ISOLATION PERIOD

I TESTED POSITIVE BUT HAVE NO SYMPTOMS (ISOLATION)

If you continue to have no
symptoms, you can be around
others after -

10 days have passed since
you were tested

If you develop symptoms after
testing positive, follow the
guidance for "I know or think
I had COVID-19 AND I had
symptoms"

I WAS A "CLOSE CONTACT" OF SOMEONE WITH COVID-19 (QUARANTINE)

You should quarantine (stay
home, monitor for symptoms)
for **14 days** AFTER LAST
EXPOSURE. This is based on
the time it takes to develop
illness.

Close contact means within 6
feet of the individual for at
least 15 minutes.

Contact your county health
department if you begin to
experience symptoms.

What Do My Test Results Mean?

FOR ADDITIONAL QUESTIONS CALL YOUR COUNTY HEALTH DEPARTMENT

IF YOU TEST POSITIVE FOR COVID-19 TAKE STEPS TO HELP PREVENT THE SPREAD

STAY HOME - ISOLATE

Do not leave your home, except to get medical care. Do not visit public areas.

GET REST & STAY HYDRATED

SEPARATE YOURSELF FROM OTHERS

As much as possible, stay in a specific room and away from other people and pets in your home.

FOLLOW TIMELINE ON THE PREVIOUS PAGE

A symptom or time-based strategy is recommended. Except for rare situations, a test-based strategy is no longer recommended to determine when to allow individuals to return to work.

IF YOU TEST NEGATIVE

If you were a "close contact" to a confirmed case of COVID-19, **QUARANTINE** and follow guidance on previous page.

A NEGATIVE TEST RESULT DOES NOT MEAN YOU WON'T GET SICK LATER!

The sample may have been collected very early in your infection period and you could test positive later.

Negative results do not release an individual from quarantine or isolation.