



# Next Steps: after you are diagnosed with COVID-19

- You can be diagnosed with COVID-19 in the following ways:
  1. A doctor tells you that you have it based on your symptoms and exposures. **OR**
  2. You have a positive lab test that detected the virus in your nose. (**NOTE:** A positive antibody blood test means you likely had COVID-19 in the past.)
- After being diagnosed with COVID-19, even if you don't have symptoms, you will need to separate yourself from other people in your home, also called "isolation," and self-monitor until you are no longer able to spread COVID-19 to others.

## How do I isolate at home?

- **Stay home (or at some other location approved by public health).** Do not go to work, school, or public areas.
- **Separate yourself from people and animals in your home.** As much as possible, you should stay in a specific room and away from other people in your home. If possible, you should use a separate bathroom.
- **Do not share personal household items** like dishes, drinking glasses, eating utensils, towels, or bedding. After using these items, wash them thoroughly with soap and water.
- **Postpone all non-essential medical appointments until you are out of isolation.**
- **Keep a list of people you had contact with when you were sick.** This can be helpful for identifying people who may have gotten COVID-19 while spending time with you. This process is called "contact tracing."
- **Wash your hands often and practice good hygiene.** Clean high touch surfaces every day.
- **Wear a face mask or covering if you need to be around other people.**
- **Cover your mouth and nose with a tissue when you cough and sneeze.** Throw the tissue in the trash and then wash your hands.

Please see next page for  
more information!

# When is my home isolation over?



AND



AND



You have been **fever-free for at least 24 hours** without using medicine that reduces fevers

Your other **symptoms have improved** for at least 24 hours

**At least 10 days have passed** since you first had symptoms



## What if I never have symptoms?

You should stay isolated for at least 10 days after you were tested.



## How do I self-monitor?

- If you feel sick, watch to see if your symptoms get worse. Get medical care if your symptoms get worse or if you have [emergency warning signs](#). If you are having a medical emergency, call 911. Notify 911 that you have COVID-19.
- If you were diagnosed, but never felt sick, watch for any symptoms of COVID-19 during your isolation period. Report any new symptoms to your local health department, as this may affect your instructions for home isolation.



## How long am I contagious to others?

- You can spread COVID-19 to others beginning **two days before your symptoms start until a few days after you recover**.
- Even if you never develop any symptoms, you may be able to spread COVID-19 to others.

## Did you have close contact with someone while you had COVID-19?



That person should stay home and watch for symptoms for 14 days after they last had close contact with you.

