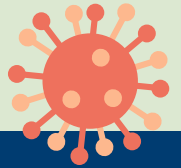# COVID-19 ISOLATION GUIDANCE

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

Sick people are the source of infection to other people.

ISOLATION

Separating sick people with COVID-19 from people who are not sick.

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, get a test and stay home.

DO NOT

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

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.

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Monitor your symptoms

If you have symptoms of COVID-19, you may be eligible for treatment. Treatment works best if started as soon as possible. Email our COVID Treatment Team at covidtreatment@adcogov.org for more information.

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.

STAY HOME FOR 5 DAYS
How long do you have to stay home and stay away from others?

If you have no symptoms **OR** your symptoms get better after 5 days.

AND

At least 24 hours have passed since your fever stopped without using fever reducing medicine.

AND

Your symptoms have gotten better

AND

Wear a mask when around other people for 10 days after symptoms started or after your first positive test (for persons aged 2 years and older)

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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