

You have tested positive for COVID-19, which means you are infected with COVID-19.

- You may self-isolate in your home.
  - Most people can recover at home without medical care. You can treat your symptoms with Tylenol for fever reduction, body aches and pains. Over the counter cough medication may be used to help suppress your cough. Always cover your cough and sneezes with a tissue and wash your hands frequently. Drink plenty of fluids.
- If possible, you should have a room to yourself with your own bathroom facilities.
- If there are others residing in your home with you, they should maintain social distancing by remaining at least 6 feet from you.
- Call your health care provider or seek emergency care if you develop trouble breathing or worsening symptoms. Notify your healthcare provider, EMS and/or hospital in advance of seeking care.
- Home isolation may discontinue under the following conditions:
  - You no longer have a fever without the use of fever-reducing medications for 24 hours, **and**
  - Your symptoms (cough, shortness of breath) are improving, **and**
  - At least 10 days have passed since symptoms first appeared.
- People living in your home and very close contacts are asked to self-quarantine for a minimum of 14 days. During that time they should check their temperature two times a day and watch for symptoms of cough, fever and shortness of breath. They may return to work if no signs of illness after 14 days.