

**Contact tracers are working through an unprecedented amount of cases. If you test positive for COVID-19, or if you have symptoms and are awaiting test results, stay home and follow these key actions for Isolation. Share these Quarantine key actions with close contacts you may have.**



## ISOLATION - 10 days

(confirmed positive test)

- \* Stay home
- \* Monitor your symptoms
- \* If you have an emergency warning sign, seek emergency medical care immediately
- \* Stay in a separate room
- \* Use a separate bathroom
- \* Avoid contact with other members of the household and pets.
- \* Don't share personal household items
- \* Wear a mask



## QUARANTINE -

(close contact to a confirmed positive case)

-If no symptoms: 10 day quarantine period and monitor for symptoms through Day 14

-If experiencing symptoms: 14 day quarantine period

- \* Stay home
- \* Watch for fever (100°F), cough, shortness of breath, or other symptoms of COVID-19
- \* Stay away from others, especially people who are at higher risk for getting very sick
- \* Get tested and wear a mask

*Call your primary care provider with questions about your own health and for advice on managing symptoms. If you are having trouble breathing or are experiencing severe symptoms, call 9-1-1 and inform them that you are in isolation or quarantine for COVID-19.*