

COVID-19 Next Steps

What to do if you test positive for COVID-19

Isolate at home



- Stay at home and separate yourself from people and animals in your home.
- Do not share personal household items such as dishes, glasses, utensils, towels, etc.
- Postpone all non-essential medical appointments until you are out of isolation or are instructed otherwise by your doctor's office.
- Keep a list of people you had contact with when you were sick.
- Wash your hands often and practice good hygiene. Cover your mouth & nose with a tissue when you cough and sneeze, then wash your hands.
- Wear a face mask or covering if you need to be around other people.

When is my home isolation over?

- At least 5 days have passed since your test was collected.
- AND** You have been fever free for at least 24 hours without using fever reducing medication.
- AND** Your other symptoms have improved for at least 24 hours.



What if I never had symptoms?

- You should stay isolated for at least 5 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 worsen or if you have emergency warning signs. If you are having a medical emergency, call 911 and notify them you have COVID-19.
- If you were diagnosed but never felt sick, watch for any symptoms of COVID-19 during your isolation period. Your instructions for home isolation may change if you develop new symptoms. Contact your local health department or the Aspirus COVID-19 Call Center at 1.844.568.0701 with any questions.



How long am I contagious to others?

- Beginning two days before your symptoms start until a few days after you recover.
- Even if you don't have symptoms, you could spread COVID-19.

Symptoms of COVID-19

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea