COVID-19 Next Steps



What to do if you test positive for COVID-19

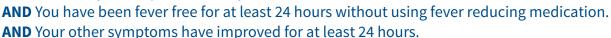
Isolate at home



- 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.



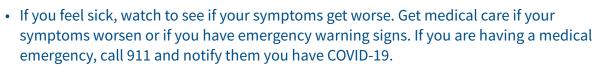




What if I never had symptoms?

• You should stay isolated for at least 5 days after you were tested.

How do I self-monitor?





• If you 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