I Tested Positive...Now What?

**STAY HOME**
Stay home from work and school and stay away from public places. Avoid using any kind of public transportation.

**STAY AWAY FROM OTHERS**
If possible, keep a distance from other household members, including pets. As much as possible, stay in a specific room and away from other people in your home. Don’t share personal items with other people in your household, like dishes, towels, and bedding.

**WEAR A MASK**
If you must be around others, cover your nose and mouth with a mask (even while at home).

**MONITOR YOUR SYMPTOMS**
If your symptoms get worse, call your healthcare provider immediately.

**SEEK EMERGENCY MEDICAL CARE**
If you experience the following symptoms, contact emergency medical support immediately:
- Persistent pain or pressure in the chest
- Trouble breathing
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

**CONTINUE TO SELF-ISOLATE UNTIL (at least):**
- 10 days after symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving
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