COVID-19
You tested positive—now what?

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Stay home.

Home isolation and at-home care is what most people will need. Be sure to:

- Keep track of your symptoms.
- Get rest and stay hydrated.
- Ask your health care provider about pain and fever medication.
- Follow the Centers for Disease Control and Prevention's guidance for at-home care: CDC.gov/coronavirus/2019-ncov/if-you-are-sick/.

Your Symptoms

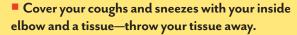### Are your symptoms getting worse or better?

Fever   Cough   Shortness of Breath

If you think your symptoms are worse than a common cold or a mild flu, call your health care provider or emergency room—based on what you report, you may be asked to leave your home for medical care.

Your Household

If you share your home, don't share COVID-19.

Stay away from other people and isolate in a room. If you have access to a bathroom only you can use, that would be ideal for the household. Everyone in the home should practice hand and face hygiene.

- Cover your coughs and sneezes with your inside elbow and a tissue—throw your tissue away.
- Wash your hands often with soap and water.
- Don't touch your face.
- Wear a facemask when taking care of someone who is sick.
- Don't share personal things and household items.
- Clean all "high-touch" surfaces—door knobs, counters, refrigerator handles—every day.

People Outside of Your Household

If you've been in close contact with people outside of your home in the last 2 weeks, tell them you have COVID-19.

To stop the spread of COVID-19 in your community, share these tips:

- Stay home for 14 days starting with the day they last saw you.
- Practice social distancing: if they must leave home, keep at least 6 feet between themselves and others.
- Keep track of possible COVID-19 symptoms: fever, cough and shortness of breath.
- Follow the CDC's guidance for at-home care: CDC.gov/coronavirus/2019-ncov/if-you-are-sick/.
- Find more information: FLHealthCOVID19.gov or CDC.gov/coronavirus.