

# I tested positive for COVID-19

What do I do?



## ISOLATION



### Stay home for at least 5 days.

Day 0 is the day symptoms started (or the date of your positive COVID-19 test, if you do not have symptoms).

Visit [sccgov.org/t2t](https://www.sccgov.org/t2t) to learn about treatment options.

Do you have symptoms at Day 5?

YES

NO

Have you been fever-free for 24 hours (without fever-reducing medication) and are your symptoms mild and improving?

NO

YES



### Continue to stay home...

Until Day 10 OR until you are fever-free for 24 hours (without fever-reducing medication) and symptoms are mild and improving.



### End isolation after Day 5.

Wear a mask through Day 10 OR until you take a total of 2 negative tests, with at least 1 day in between tests.

# I was exposed to someone with COVID-19

What do I do?



## CLOSE CONTACTS

Do you have symptoms?

YES

Follow SYMPTOMS guidance.

NO



**You DO NOT need to quarantine, but...**

Get tested 3-5 days after last exposure.  
Wear a mask for 10 days.

Did you test positive?

YES

Follow ISOLATION guidance.

NO



**Continue normal activities.**

Wear a mask through Day 10.

# I have symptoms of COVID-19

What do I do?



## SYMPTOMS



**GO HOME  
RIGHT AWAY.**

Get tested and stay home until you get your results.

Did you test positive?

**YES**

**NO**

**Follow ISOLATION guidance.**

Have you been fever-free for 24 hours (without fever-reducing medication) and are your symptoms mild and improving?

**YES**

**NO**

Are you a close contact?

**YES**

**NO**

**Resume your normal routine AND get tested 3-5 days after last exposure.**

Wear a mask for 10 days.

**Resume your normal routine.**



**Stay home and repeat testing every 1-2 days.**

You no longer need to stay at home if tests remain negative, you've been fever-free for 24 hours (without fever-reducing medication), and other symptoms are mild and improving.