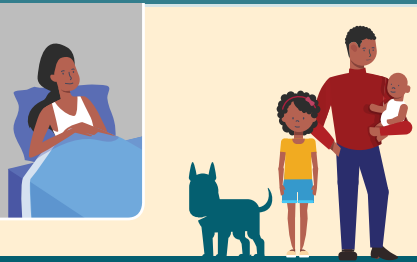


# Isolate and take precautions if you have or suspect you have COVID-19

## ISOLATION



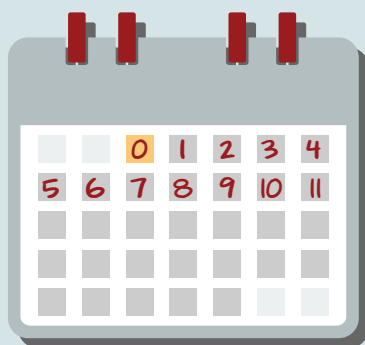
**Stay home and away from others**

Wear a high-quality mask if you must be around others

### Start counting days

Day 0 is the day your symptoms started

If you never had symptoms, day 0 is the day you took a COVID-19 test



**Watch for emergency warning signs, like trouble breathing**

Seek help if they develop

## ENDING ISOLATION

**Isolate to day 6 or later, if you**

- never had symptoms or symptoms are improving, and
- are fever-free for 24 hours without the use of fever-reducing medication



**Continue to isolate** if your fever persists or other symptoms have not improved

**Isolate through day 10**, if you experienced moderate illness, like shortness of breath or difficulty breathing

## AFTER ISOLATION

Until at least day 11, avoid being around people who are more likely to get very sick

Wear a high-quality mask when around others indoors



### Removing your mask

After ending isolation, wear your mask through day 10

**OR**

Take 2 antigen tests, 48 hours apart

If both tests are negative, you may remove your mask sooner than day 10

**Isolate through day 10 and talk with a healthcare provider before you end isolation, if you**

- were hospitalized, or
- have a weakened immune system

