

What to Do if You Have COVID-19

10/4/2022

If you get COVID-19, you can spread it to others even if you do not have symptoms or you are vaccinated. It is important to separate yourself from others (isolate) and follow the recommendations below.

If you need medical care, follow the instructions on the last page. If you have mild to moderate COVID-19 symptoms and are at high risk for getting very sick, you may be able to get medicine. Visit [COVID-19 Medication Options \(www.health.state.mn.us/diseases/coronavirus/meds.html\)](https://www.health.state.mn.us/diseases/coronavirus/meds.html) for more information.

Separate yourself from others (isolate)

- **Stay home and away from others (isolate) for at least five full days after your symptoms started. If you do not have symptoms, stay home for five full days after the date you got tested.** Learn more below about how long you might have to stay home.
- **Wear a high-quality and well-fitting mask** when you need to be around other people, even at home.
- Stay in a room **separate from other household members** and use a **separate bathroom**, if possible.
- Take steps, such as opening windows, to **make the flow of air in your home better**.
- If you are older, have a weakened immune system, or have certain medical conditions, **let your health care provider know** you have COVID-19. They may recommend treatment or have specific advice for you.
- **Tell people who had close contact with you** that they may have been exposed to COVID-19.

How long to stay home

People who can wear a well-fitting mask



WHAT TO DO IF YOU HAVE COVID-19

- Wear a high-quality and well-fitting mask around others for 10 full days, even at home.
- If you have symptoms:
 - Stay home until all three of these things are true:
 1. It has been **5 full days** since you first felt sick.
and
 2. You have not had a fever for at least 24 hours, without using medicine that lowers fevers.
and
 3. You feel better.
- If you do not have symptoms:
 - Stay home and away from others for **5 full days after your test date**.
 - If you develop symptoms, you must count your first day with symptoms as your new day zero. Refer to above section on what to do if you have symptoms.

After your period to stay home ends, continue to do the following through day 10:

- Wear a high-quality and well-fitting mask, even at home.
- Stay away from others who are at risk for getting very sick from COVID-19 until at least day 11.
- Do not go to places where you will need to take off your mask (e.g., gyms, restaurants) and avoid eating near others at home and work. Go to [If You Are Sick or Test Positive \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html) for information on using COVID-19 tests to determine if you can stop wearing a mask before day 11.
- Avoid travel. If you must travel after your period to stay home ends, wear a well-fitting, high-quality mask.

FILL IN YOUR INFORMATION TO KNOW WHEN YOU CAN GO BACK TO YOUR NORMAL ACTIVITIES.

If you have symptoms:

My symptoms started on _____ (fill in date). I feel better and have been fever-free for 24 hours. I still need to stay home and away from others through _____ (5 days after your symptoms started). I still need to wear a mask around others and limit some activities until _____ (10 days after symptoms started).

If you do not have symptoms:

I tested positive for COVID-19 on _____ (fill in the date), but do not have any symptoms. I still need to stay home through _____ (5 days after the day you got tested). I need to wear a mask around others and limit some activities until _____ (10 days after test date).

People who cannot wear a mask

This includes people under age 2, people with certain disabilities, and others who cannot consistently wear a mask around others.



- Stay home for at least 10 full days from when you first felt sick or from the day you tested positive.

People who have difficulty fighting off illness or who are moderately or severely ill

Stay home (isolate) through at least day 10 if you have:

- moderate illness (shortness of breath or difficulty breathing), or
- severe illness (you were hospitalized) due to COVID-19, or
- a weakened immune system (you are not easily able to fight off illness).

Ask your doctor for more advice if your body does not easily fight off illness or if you are not sure if your symptoms are moderate or severe.

Wear a high-quality and well-fitting mask if you are around others, even at home.

You may need to get tested to determine when you can be around others again.

Visit [If You Are Sick or Test Positive \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html) for more information about staying home, self-tests, and wearing masks.

IF YOUR SYMPTOMS GET WORSE, YOU HAVE DIFFICULTY BREATHING, OR YOU NEED MEDICAL CARE:

Contact your doctor. Call ahead before you go to a clinic or hospital, if possible.

If you need emergency medical attention any time during the stay-home period (isolation), call 911 and let them know that you have been diagnosed with COVID-19.

