



You have been diagnosed with a viral syndrome, consistent with COVID-19. You may have had COVID-19 confirmed with a test or COVID-19 was felt likely based on your illness.

Whether or not you have been tested or have yet received your test results, it is important to care for yourself and to protect others in your home and community. If you were tested, test result times vary between a few minutes to a few days. You will be contacted with your results. Most people with COVID-19 can recover from their mild illness safely at home.

### SELF-CARE INSTRUCTIONS:

- Monitor your health. If you are getting worse, call ahead to your doctor's office. Emergency warning signs for COVID-19 include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or difficulty arousing, and bluish lips or face. If you have a medical emergency and call 911 or seek emergency care, advise them you may have COVID-19.
- Treat your symptoms. Stay well hydrated and rest. Use over the counter medications directed at your symptoms or as advised by your healthcare team.
- While waiting for your test result, stay at home except to get medical care. Do not go to work, school, or public areas. Avoid public transportation, ridesharing, or taxis. If you need to leave the house to get medical care, notify your doctor ahead of time and wear a mask.
- You should REMAIN AT HOME while awaiting test results unless seeking medical care.

### My test was NEGATIVE – next steps

- If you had a known exposure and is a close contact\* to a confirmed case, it is best public health practice to self-quarantine. The following are options for stopping quarantine if no symptoms have developed:
  - After day 10 following last contact with a positive case without testing
    - Continue to monitor symptoms for 14 days after last contact with the case
  - After day 7 following last contact with a positive case if a test is collected on day 5 or later is negative
    - Continue to monitor symptoms for 14 days after last contact
  - If you tested but had no known exposure to a confirmed case, and are asymptomatic, you can stop self-quarantine.
  - If you were tested but had no known exposure to a confirmed case, and are symptomatic, you may return to work/school according to work/school policy.
- Continue self-care as noted above and seek additional medical help if needed.

**Note:** *Fully vaccinated OR persons who have tested positive for Covid-19 within the past 3 months* with no COVID-like symptoms do not need to stay home following an exposure to someone with suspected or confirmed COVID-19. Fully vaccinated people should still self-monitor for symptoms of COVID-19 for 14 days following an exposure. In addition, best public health practice recommends vaccinated contacts

should get tested 3-5 days after exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

### My test was POSITIVE – next steps

- If you tested positive and are **symptomatic**, continue to isolate at home until the following conditions are met:
  - At least 10 days full have passed since symptoms started  
AND
  - You have been fever-free for at least 24 hours without fever-reducing medications  
AND
  - Symptoms are improving
- If you tested positive and are **asymptomatic**, you should isolate at home until at least 10 days have passed since their positive test.
- Persons with severe, advanced immunosuppression should stay home longer than 10 days, until:
  - Two negative test results in a row, at least 24 hours apart **OR**
  - 20 days post symptom onset or date of test.
- In all situations, continue self-care as noted above and seek medical help if needed.

**Note:** *Fully vaccinated OR persons who have tested positive for Covid-19 within the past 3 months* with no COVID-like symptoms do not need to stay home following an exposure to someone with suspected or confirmed COVID-19. Fully vaccinated people should still self-monitor for symptoms of COVID-19 for 14 days following an exposure. In addition, best public health practice recommends vaccinated contacts should get tested 3-5 days exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

**\*Note:** A close contact is defined as being less than 6 feet away from an infectious person for more than 15 consecutive minutes AND the case, the contact, or both were not wearing a face covering during the interaction. (Per IDPH)