COVID-19:

When to **isolate.**
Stop the spread.
Keep your family safe.

What is COVID-19?

COVID-19 is a contagious respiratory illness caused by a new coronavirus called SARS-CoV-2. People with COVID-19 sometimes have a cough, fever, feel like it's hard to breathe, or even lose their sense of taste or smell. Other symptoms include congestion or runny nose, diarrhea, headache, nausea or vomiting, muscle pain or fatigue, sore throat or chills. Symptoms range from mild to severe and may appear 2-14 days after exposure.

Who should isolate?

If you have tested positive for COVID-19, you should stay home and isolate.

Why isolate?

Isolation keeps people with the COVID-19 virus away from those who are not infected and helps prevent further spread of infection.

How to isolate:

- Stay home from work, classes and social gatherings, even if you feel healthy.
- Watch for signs that you are sick, like a cough, fever or a headache. Even if you don't have symptoms, you might make others sick.
- Wash your hands.
- Stay separate from others as much as possible, including the people in your household.
- Don't share personal items, such as silverware or glasses with anyone in your house.
- Use a different bathroom if you have one.
- Answer the call from a contact tracer.
  - o Individuals who test positive for COVID-19 receive a text message from **877-548-3444** and a call from a contact tracer asking for information about anyone you may have exposed to COVID-19 to prevent further spread (close contacts).
  - o The number on the caller ID will show as **833-670-0067** or may display as **"IN Health COVID"** if the carrier allows it.
  - o Your name and personal health information will be kept confidential.

When is my home isolation over?

AND

AND

At least 10 days have passed since you first had symptoms

Your other **symptoms have improved** for at least 24 hours

You have been **fever-free for at least 24 hours** without using medicine that reduces fevers

NOTE: If you never have symptoms, you should stay isolated for at least 10 days after you were tested.

See a doctor right away if you have emergency warning signs*.

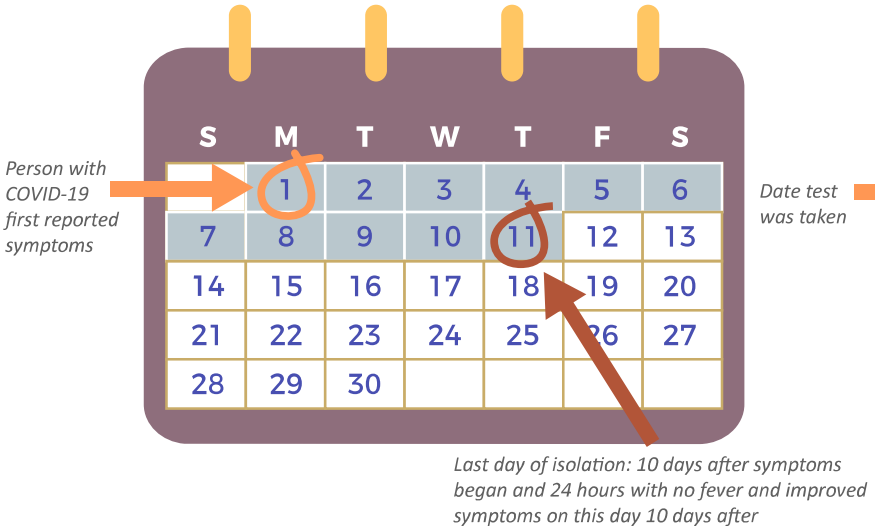
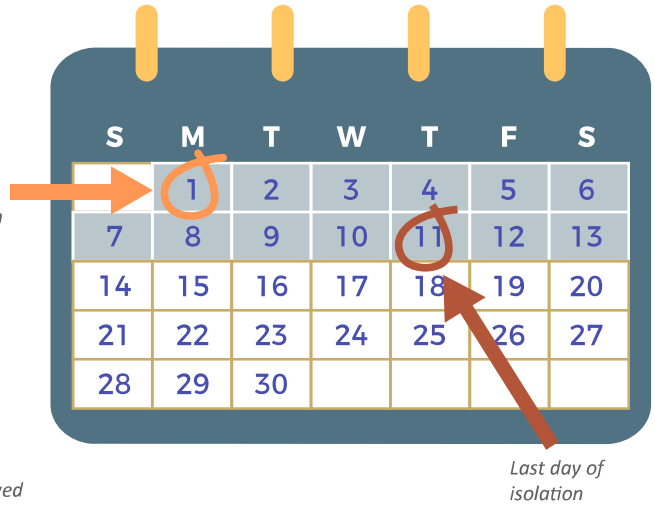
Emergency warning signs include:

- Struggling to breathe
- Bluish lips or face
- Constant chest pain or pressure
- Feeling dizzy or lightheaded all the time
- Acting confused
- Difficult to wake up
- Slurred speech (new or getting worse)
- New seizure or seizures that won't stop

*This list does not include all emergency warning signs. Call a doctor if you have other severe symptoms. Call 911 for any medical emergencies.

Isolation scenarios:

I tested positive for COVID-19, and my symptoms began on the first of the month.



I was tested for COVID-19 on the first of the month. The test was positive but I never had any symptoms.