# Next Steps:
## after you are diagnosed with COVID-19

- You can be diagnosed with COVID-19 in the following ways:
  1. A doctor tells you that you have it based on your symptoms and exposures. **OR**
  2. You have a positive lab test that detected the virus in your nose. (**NOTE:** A positive antibody blood test means you likely had COVID-19 in the past.)
- After being diagnosed with COVID-19, even if you don't have symptoms, you will need to separate yourself from other people in your home, also called "isolation," and self-monitor until you are no longer able to spread COVID-19 to others.

# How do I isolate at home?

- **Stay home (or at some other location approved by public health).** Do not go to work, school, or public areas.
- **Separate yourself from people and animals in your home.** As much as possible, you should stay in a specific room and away from other people in your home. If possible, you should use a separate bathroom.
- **Do not share personal household items** like dishes, drinking glasses, eating utensils, towels, or bedding. After using these items, wash them thoroughly with soap and water.
- **Postpone all non-essential medical appointments until you are out of isolation.**

- **Keep a list of people you had contact with when you were sick.** This can be helpful for identifying people who may have gotten COVID-19 while spending time with you. This process is called "contact tracing."
- **Wash your hands often and practice good hygiene.** Clean high touch surfaces every day.
- **Wear a face mask or covering if you need to be around other people.**
- **Cover your mouth and nose with a tissue when you cough and sneeze.** Throw the tissue in the trash and then wash your hands.

**Please see next page for more information!**

# When is my home isolation over?

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

**AND**

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

**AND**

**At least 10 days have passed** since you first had symptoms

## What if I never have symptoms?
You should stay isolated for at least 10 days after you were tested.
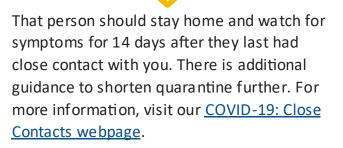
## How do I self-monitor?

- **If you feel sick, watch to see if your symptoms get worse**. Get medical care if your symptoms get worse or if you have emergency warning signs. If you are having a medical emergency, call 911. Notify 911 that you have COVID-19.

- **If you were diagnosed, but never felt sick, watch for any symptoms of COVID-19 during your isolation period.** Report any new symptoms to your local health department, as this may affect your instructions for home isolation.

## How long am I contagious to others?

- You can spread COVID-19 to others beginning **two days before your symptoms start until a few days after you recover**.

- Even if you never develop any symptoms, you may be able to spread COVID-19 to others.

## Did you have close contact with someone while you had COVID-19?

That person should stay home and watch for symptoms for 14 days after they last had close contact with you. There is additional guidance to shorten quarantine further. For more information, visit our COVID-19: Close Contacts webpage.

**Wisconsin Department of Health Services | Division of Public Health | Bureau of Communicable Diseases**
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