**I’ve been in close contact* with someone who...

What should I do if...

I have symptoms¹

1. **Doctor issues test**
   - *Self-isolate until you get results*
   - *Test is positive*
     - **Continue working, self-monitor² and practice social distancing³**
     - **Self-monitor² and self-quarantine⁴**
   - *Test is negative*
     - **Return to work after fever-free for 24 hours (without the use of fever-reducing medicine)**
   - *No symptoms*
     - **Return to work and practice social distancing²**

2. **Test is positive**
   - *Self-isolate⁵ and call doctor*
   - **Diagnosis not related to COVID-19**
   - **But still showing symptoms**
   - **Self-isolate⁵**
   - **Return to work**

3. **Test is negative**
   - **Continue working, self-monitor² and practice social distancing³**
   - **Self-monitor²**
   - **Return to work**

4. **Self-isolate⁴ and self-monitor²**
   - **Stay home until test results are back**
   - **Test is positive**
     - **Stay home until...**
     - **Stay home until...**
     - **Stay home until...**
   - **Test is negative**
     - **Stay home until...**
     - **Stay home until...**
     - **Stay home until...**
   - **No symptoms**
     - **Continue working, self-monitor² and practice social distancing³**
     - **Self-monitor²**
     - **Return to work**

5. **Self-isolate⁵**
   - **No test is available (not due to exposure for COVID-19)**
   - **Diagnosis not related to COVID-19**
   - **But still showing symptoms**
   - **Self-isolate⁵**
   - **Return to work**

**What counts as close contact?**

- **You were within 6’ of another person for 10 minutes with inadequate ventilation** (e.g. in a vehicle with windows up)
- **You had direct physical contact with the person**
- **You came into contact with their respiratory secretions (e.g. they coughed on you)**

---

**How do I...**

1. **Know if I have symptoms?**
   - **Fever** greater than 100.4 degree F or 38 degree C.
   - **Dry cough.**
   - **Difficulty breathing.**
   - **Be alert** for symptoms of COVID-19, especially a dry cough or shortness of breath.
   - **Take your temperature** every morning and night, and write it down.
   - **Call** your doctor if you have trouble breathing or a fever (temperature of 100.4 degree F or 38 degree C).

2. **Self-monitor?**
   - **Stay home as much as possible.**
   - **Don’t** physically get close to people; try to stay at least 6 feet away.
   - **Don’t** hug or shake hands.
   - **Avoid** groups of people and frequently touched surfaces.
   - **Wash hands** frequently with warm water for at least 20 seconds.

3. **Practice social distancing?**
   - **STAY HOME until...**
   - **STAY HOME until...**
   - **STAY HOME until...**
   - **Two negative test results within 24 hours, or**
   - **At least 3 days (72 hours) fever-free without fever reducing medicine, improvement in respiratory symptoms (for example, cough, shortness of breath), and at least 7 days have passed since symptoms first appeared.**
   - **Avoid contact** with other people.
   - **Don’t share** household items.

4. **Self-quarantine?**
   - **STAY HOME until...**
   - **STAY HOME until...**
   - **STAY HOME until...**
   - **Two negative test results within 24 hours, or**
   - **At least 3 days (72 hours) fever-free without fever reducing medicine, improvement in respiratory symptoms (for example, cough, shortness of breath), and at least 7 days have passed since symptoms first appeared.**
   - **Avoid contact** with other people.
   - **Don’t share** household items.

---

*This chart and the guidance provided within are subject to change as new guidance is received and interpreted.*