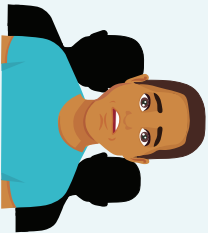
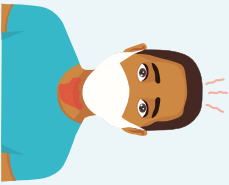
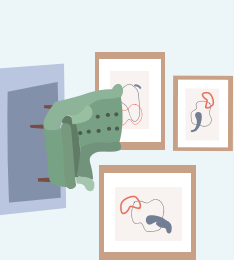


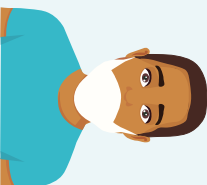
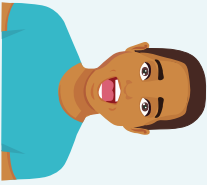





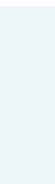
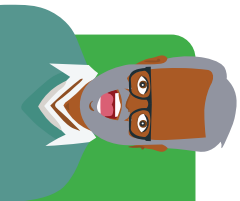


# My Covid-19 Roadmap

Please use this roadmap to keep track of important dates like the onset of your symptoms, home isolation, and going back to work. Please put this roadmap in a visible place and check the back side for important educational information. Remember to call your health care provider if your symptoms worsen.

<p><b>Exposure</b></p> 	<p><b>Start of Symptoms</b></p> 	<p><b>Isolate at Home</b></p> 	<p><b>COVID-19 Test</b></p> 	<p><b>Test Results</b></p> 	<p><b>1<sup>st</sup> Day Without Symptoms</b></p> 	<p><b>Healthy</b></p> 
<p><b>My 1st day of symptoms</b></p> 	<p><b>Consider isolating at home until you know the test results:</b></p> 	<p><b>Day I had the COVID-19 Test:</b></p> 	<p><b>Day I got results:</b></p> 	<p><b>1<sup>st</sup> day I had no symptoms:</b></p> 	<p><b>Healthy</b></p> 	
<p><b>Monitor your symptoms by:</b></p> <ul style="list-style-type: none"> <li>• Measuring your temperature.</li> <li>• Watching for worsening cough or difficulty breathing.</li> </ul>	<p>If you think that you are sick with COVID-19 it will be important to reduce contact with others. Isolate for at least 10 days (from 1st day of symptoms).</p>	<p><b>Negative test?</b> See back (healthy). <b>Positive test?</b> Continue to monitor symptoms.</p>	<p>Isolation ends after at least 10 days from onset of symptoms.</p> <p>If you have symptoms on or after day 9 wait until you are symptom free for 24 hours.</p>			





I am healthy and no known contact with COVID-19.

- Wash your hands frequently.
- Practice physical distancing.
- Wear a cloth face mask.



I am healthy but had close contact with COVID-19.

- Stay at home for 14 days.
- Limited or no trips outside home. If you must go out, wear a face mask.
- Monitor for fever, cough, chills, and loss of smell and/or taste.



I tested positive for COVID-19 and I'm not sick yet.

- Self-isolate at home for 10 days (+3 days symptoms free).
- No trips outside of your home.
- Monitor your symptoms every day.

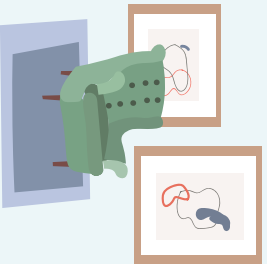


I tested positive for COVID-19 and I'm feeling sick.

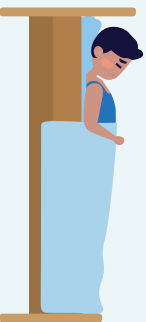
- Self-isolate at home for 10 days (+3 days symptoms free).
- No trips outside of your home.
- Monitor your symptoms every day.

## General Recommendations

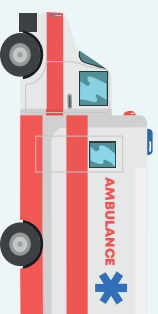
If you have been exposed to COVID-19 shelter in place.



Call your doctor or healthcare center if your symptoms worsen.



Emergency? Call 911 and notify the operator that you are positive for COVID-19.



## Get Tested

**COVID-19 Hot-line (804) 205-3501**

Monday - Friday (8:00 AM to 6:00 PM).

**Test Results Hotline (804) 486-2107**

Monday - Friday (9:00 AM to 5:00 PM.) Voice messages will be returned within 1 business day.

## Stay Connected

Visit our websites:

- [Richmond City Health District](http://www.rchd.com)
- [Henrico County Health Department](https://henrico.us/health/)

