

SICK WITH COVID-19?

If you have symptoms of COVID-19 (such as cough, difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell), **STAY HOME** and **SELF-ISOLATE**. Separate yourself from others as much as possible, even those in your home.

If you want to get tested for COVID-19, please contact your healthcare provider.

Notify everyone who you have been in close contact with while you were sick, including in the 2 days before you developed symptoms. Tell them to self-quarantine and monitor their health.

Get rest and drink plenty of fluids. Treat symptoms with non-prescription medications and call ahead before visiting a doctor.

Call your doctor if your symptoms worsen or if you are at a higher risk of getting very sick from COVID-19 (older adults and people of any age who have serious underlying medical conditions).

HOW LONG TO SELF-ISOLATE?

THOSE WHO ARE SICK WITH COVID-19 CAN END HOME ISOLATION WHEN THESE THREE THINGS HAVE HAPPENED:

- At least 10 days have passed since symptoms first appeared, AND
- At least 24 hours with no fever without fever-reducing medication, AND
- Symptoms have improved

If you tested positive for COVID-19 but never had any symptoms, you can be around others after 10 days have passed since the first positive diagnostic test.



VDH VIRGINIA
DEPARTMENT
OF HEALTH



**VIRGINIA'S
HEALTH
IS IN OUR
HANDS.**
Do your part,
stop the spread.