

# Next Steps:

## After you are diagnosed with COVID-19

If you have symptoms of COVID-19 or test positive, isolate and separate yourself from other people in your home for at least 5 days, watch for new or worsening symptoms, and wear a well-fitting mask when around others for an additional 5 days.

### Who should isolate?

Everyone who has tested positive for COVID-19 or has symptoms of COVID-19 should isolate, even if they are up to date on current COVID-19 vaccines.



### How do I isolate?

- **Stay home, even if you do not have symptoms.** Do not go to work, school, or public areas. Do not travel or use public transportation.
- **Separate yourself from people and animals in your home.** If possible use a separate bathroom.
- **Do not share personal household items** like dishes, drinking glasses, eating utensils, towels, or bedding.
- **Postpone all non-essential medical appointments until you are out of isolation.**
- **Notify your close contacts that you have COVID-19.** People in your household and others you had close contact with need to get tested, monitor for symptoms, and possible quarantine.
- **Wash your hands often with soap and water for at least 20 seconds.** Clean high touch surfaces every day.
- **Wear a well-fitting mask 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.

**This guidance applies to the general community, including workplaces and K-12 schools.** This guidance does not apply to health care workers, correctional institutions, or homeless shelters.



# When can isolation end?



AND



AND



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

Your other **symptoms have improved**

**At least 5 days have passed** since you first had symptoms (Day 0 is the first day symptoms began)

» **Wear a well-fitting mask around others for 5 days after your isolation period.** «

## What if my symptoms don't improve after 5 days?

If you continue to have a fever or if your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours and your other symptoms have improved. Continue to wear a well-fitting mask around others.

## What if I test positive for COVID-19 but never develop symptoms?

You can end isolation after 5 days if you continue to have no symptoms. Continue to wear a well-fitting mask when around others for an additional 5 days after your 5-day isolation period. If you develop symptoms after testing positive, your 5 day isolation period should start over.

## How do I self-monitor?

- If you feel sick, watch to see if your symptoms get **worse**. If you are having a medical emergency, call 911. Notify 911 that you have symptoms of COVID-19.
- If you were diagnosed but never felt sick, watch for symptoms of COVID-19 during your isolation period.



## Where can I find more information?

- Diagnosed with COVID-19: [www.dhs.wisconsin.gov/covid-19/diagnosed.htm](http://www.dhs.wisconsin.gov/covid-19/diagnosed.htm)
- How to Notify Your Close Contacts: [www.dhs.wisconsin.gov/publications/p02803.pdf](http://www.dhs.wisconsin.gov/publications/p02803.pdf)
- Information for Close Contacts: [www.dhs.wisconsin.gov/covid-19/close-contacts.htm](http://www.dhs.wisconsin.gov/covid-19/close-contacts.htm)

