

# COVID-19 “Now What” Flow Chart (11/15/2020)

## I just found out...

**I tested positive for COVID-19**

**\*Self-isolate** at home for 10 days **IF YOU DO NOT DEVELOP SYMPTOMS.**

**\*Avoid infecting others**

\*If you develop symptoms, see below.

**You may return to work/school when:**

You have no fever for 24 hours without fever-reducing medication, **AND** your COVID-19 symptoms have improved **AND** at least 10 days have passed since your symptoms first appeared.

**I had “close contact” with someone that is COVID-19 positive: <6 feet for >15 minutes**

**\*Self-quarantine** for 14 days from exposure to COVID-19.  
**\*Check for signs and symptoms** of COVID-19 daily for 14 days.  
**\*Call your healthcare provider** if symptoms appear.  
**\*Get COVID-19 tested** if recommended (but will not decrease quarantine time).  
**\*Avoid infecting others** in case you are COVID-19 positive.

**You may return to work/school:**  
 After 14 days have passed since your last COVID-19 exposure.

If you test positive, see steps in 1<sup>st</sup> column (“I tested positive”).

**I had close contact w/ someone who was exposed to COVID-19 or**

**I may have been exposed to someone with COVID-19**

**\*Continue to physically distance and wear a mask,** and check for COVID-19 symptoms daily.

**\* Call your healthcare provider** if symptoms appear.

**You may continue to work/attend school if you have no symptoms.**

Remember to:  
 Wash your hands  
 Physically distance  
 Wear face covering  
 Stay home if you are ill

**I have symptoms of COVID-19**

Fever of  $\geq 100.4$   
 Cough  
 Shortness of breath  
 Chills or muscle pain  
 Headache  
 Congestion  
 Sore throat  
 New loss of taste or smell  
 Nausea, vomiting, or diarrhea

**\*Get tested for COVID-19**  
 \*Contact your healthcare provider for advice

**If you test positive, follow all steps in first column (I tested positive).**

**If you test negative, see below.**

(Until you receive test results, follow steps in left column).

**You may return to work/school:**

\*If test results are negative, you may return to work/school after 3 days of no symptoms (return on the 4<sup>th</sup> day).



# Diagrama de Flujo COVID-19 “Ahora Qué” (11/15/2020)

## Acabo de saber que...

