

COVID-19 “Now What” Flow Chart (12/4/2020)

I just found out...

I tested positive for COVID-19

***Self-isolate** at home for **10 days** after the test date. You can return on the 11th day 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 in a 24hr period

***Self-quarantine** for 10 days from exposure to COVID-19.

***Check daily for signs and symptoms of COVID-19 for 14 days.**

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

***Get COVID-19 tested** if recommended (will not decrease quarantine time)
***Avoid infecting others** in case you are COVID-19 positive.

You may return to work/school:

After 10 days have passed since your **last** COVID-19 exposure.

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

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

I DID NOT have close contact but I’m worried that I was 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 sick.

I have symptoms of COVID-19

Fever of ≥ 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 4th day).**



Diagrama de Flujo COVID-19 “Ahora Qué” (12/4/2020)

Acabo de saber que...

