

IF YOU TEST POSITIVE FOR COVID-19

If you have COVID-19 you can spread the virus to others. Follow these recommendations to prevent the spread of COVID-19 and avoid contact with people who are high risk of getting very sick.

ISOLATE FOR



DAYS



WEAR A MASK FOR

ADDITIONAL DAYS

- You are most contagious during these first 5 days. Day 1 is the first full day after the day your symptoms started or the day you test positive for COVID-19.
- Symptoms not improving after day 5? Continue to isolate until you are fever-free for 24 hours (without the use of fever reducing medication).
- Wear a well-fitting mask if you must be around others at home and in public.
- Monitor your symptoms and seek medical attention if you have emergency warning signs, such as trouble breathing, pain in the chest, or blue-colored skin or lips.



The best protection against serious illness is to stay current with COVID-19 vaccines. To find a COVID-19 vaccine near you, search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233.



Treatments are available that may reduce your risk of severe illness and are most effective when started soon after your symptoms begin. Contact your healthcare provider to find out if you are eligible for treatment or find a location that offers testing and treatment.



Scan the QR code to find a treatment location near you or visit:

<https://aspr.hhs.gov/TestToTreat/Pages/default.aspx>