

WHEN TO DISCONTINUE SELF-ISOLATION

If you are experiencing **mild symptoms** of COVID-19: **SELF-QUARANTINE FOR 14 DAYS**

fever, cough, shortness of breath

COVID-19 SPREADS THROUGH CLOSE CONTACT

ISOLATION For people who are sick

- Stay in separate room from others in your home
- Use a separate bathroom if possible
- Family/roommates should practice self-quarantine
- Wear a mask if you go into shared spaces

QUARANTINE If you've been exposed but aren't sick

- Stay home + self-monitor for 14 days
- Family or roommates should practice social-distancing
- If you become symptomatic, family + roommates should also self-quarantine

Discontinue self-isolation under the following conditions:

- At least 3 days (72 hours) have passed since recovering:
 - No fever, without use of fever-reducing medications
 - Improvement of respiratory symptoms (cough, shortness of breath)

AND

- At least 7 days have passed since your symptoms first appeared.

If you develop emergency warning signs for COVID-19, get medical attention immediately. These signs may include*:

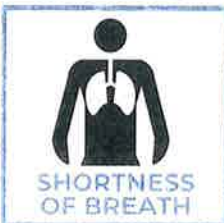
- Trouble breathing
- Pain or pressure in your chest
- Confusion or inability to arouse
- Bluish lips or face

**Consult a healthcare provider about any other symptoms that are concerning or severe.*

If your symptoms progress, contact a health care provider.

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KNOW THE SYMPTOMS



PRACTICE SIMPLE PRECAUTIONS



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