

# COVID-19 POSITIVE OR HAVE SYMPTOMS?

## STAY HOME, MASK, AND MONITOR

These guidelines apply to individuals regardless of COVID-19 vaccination status. People with moderate or severe illness, those with weakened immune systems, and people living in high-risk or group settings may need to isolate longer than 5 days.

**Day 0** → THE DATE OF YOUR POSITIVE TEST OR YOUR FIRST DAY OF SYMPTOMS

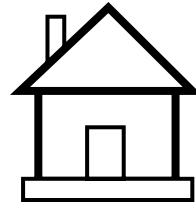
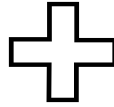
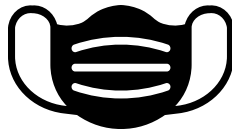
**Day 1** → Your first full day of isolation and masking. Stay home for at least 5 days. If you start out with no symptoms, but get symptoms during isolation, the first day of symptoms is your new day 0.

Day 2

Day 3

Day 4

Day 5



**Day 6**

**DAY 6  
NO FEVER\***

AND your other symptoms are gone or getting better?

You may leave the house but continue to wear a mask around others for 5 more days.

**DAY 6  
WITH FEVER**

Continue to stay home until your fever is gone\* and your symptoms are getting better.

Wear a mask until at least day 11.

Day 7

Day 8

Day 9

Day 10

\* No fever means your fever has been gone for at least 24 hours without using fever-reducing medications.

**Day 11** → Resume regular activities. See below for information on being eligible to unmask sooner than day 11.



## OTHER THINGS TO NOTE



**Wear a mask until day 11** over your mouth **AND** nose (even at home if you live with other people)!



Clean all "high touch" surfaces. Wipe down and sanitize shared spaces often.



After completing 5 full days of isolation, you may remove your mask sooner than day 10 if you have **two** negative antigen tests, **48** hours apart.



Watch for emergency warning signs and seek medical care as needed.



**Wash your hands** with soap and water, for 20 seconds each time you wash them.



Give space to people you live with and **DO NOT** host visitors. Stay in a separate part of your home and use a different bathroom if you can.



Learn more about COVID-19 at [www.state.nj.us/health/cd/topics/ncov/shtml/](http://www.state.nj.us/health/cd/topics/ncov/shtml/)