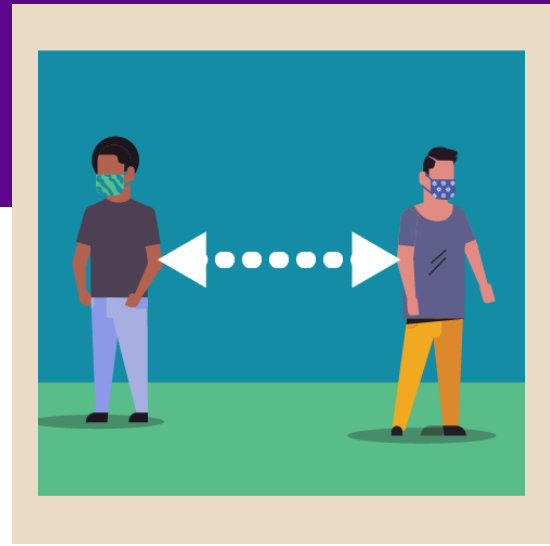


# I've been quarantined. Now what?



It can take up to 14 days after you were exposed to COVID-19 to develop symptoms.

- If you have symptoms, contact a healthcare provider to ask for a PCR test.
- Avoid rapid (antigen) tests offered at some urgent care centers.
- A negative test *does not* remove you from quarantine.

## Follow these steps while in quarantine



Stay at home. No grocery shopping, visits with family or friends, or going to work or school.



Be self-aware and take notice if you develop COVID-19 symptoms - see *opposite page*.



Call Lorain County Public Health immediately at 440-322-6367 if you have symptoms.

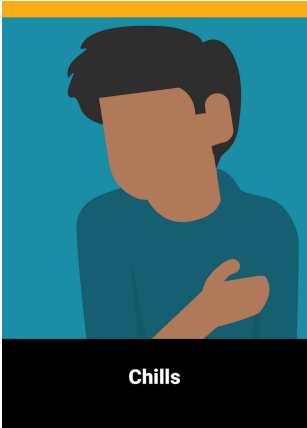
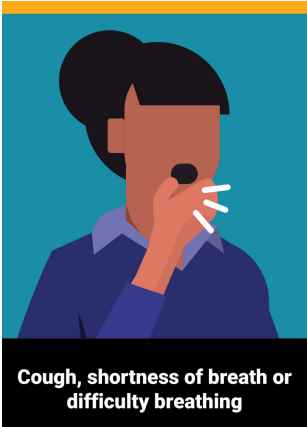


People you live with do not have to quarantine as long as you don't have symptoms. Stay at least 6 feet away from everyone, including people you live with. If possible, use a separate bathroom.



# Symptoms of COVID-19

*COVID-19 symptoms may start  
2-14 days after exposure.*



## One or more:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- New loss of smell or taste

Or

## At least two:

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat

