This is a tough time. It's normal to feel stressed while sick. It's also normal to ask for help managing stress. Call 1-800-720-9616, or Text "4HOPE" to 741 741.

Now what?

I was around someone with COVID-19.

Whether or not you are vaccinated
- Wear a mask around others for 10 days.
- Take a COVID-19 test on day 5 from your last exposure.
- If COVID-19 symptoms begin, stay home.

I tested positive for COVID-19.

or

I'm sick and waiting for test results.

Whether or not you are vaccinated
- Stay home for 5 days.
  - Call your healthcare provider to discuss symptoms and treatment options.
  - Wear a mask and stay in a separate room to keep others safe in your home.
  - Day 0 = the day symptoms began OR the day you took the positive test.

- Days 6-10:
  - Still no symptoms or symptoms are getting better: You may leave your home. Continue to wear a mask around others at home and in public.
  - Symptoms not improving, or still have a fever: Continue to stay home until 24 hours after your fever stops without using medication.

- After Day 10:
  - If your symptoms come back, you may have a rebound infection. Contact your healthcare provider. Restart your isolation at day 0 and stay home for 5 days.

- Do not travel for 10 days.
  - Get current travel info at: CDC.gov/coronavirus

LorainCountyHealth.com/coronavirus