STAY SAFE MN

# What To Do if You Have COVID-19

If you have tested positive for COVID-19, you must separate yourself from others and watch yourself for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. This is to protect yourself, your family, and your community.

If you need medical care, follow the instructions on the back page.

## Separate yourself from others

**Stay home.** Do not go to work, school, or any other place outside the home. Stay home until all three of these things are true:

- You feel better. Your cough, shortness of breath, or other symptoms are better. **and**

- It has been 10 days since you first felt sick. **and**

- You have had no fever for the last 24 hours, without using medicine that lowers fevers.

**Stay away from other people in your home**. As much as possible, stay in a separate room and use a separate bathroom, if available.

**Wear a facemask if you need to be around other people**, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly afterward.

**Avoid sharing personal household items**. Do not share food, dishes, drinking glasses, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water. Clean all frequently touched surfaces in your home daily, including door knobs, light switches, or faucets.

**Wash your hands often** with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.

Please carefully review additional information provided to you by the health department and CDC's webpage on **Cleaning and Disinfection for Households** (www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html).

## Monitor your symptoms

**IF YOUR SYMPTOMS GET WORSE, YOU HAVE DIFFICULTY BREATHING, OR YOU NEED MEDICAL CARE:**

Contact your health care provider. Call ahead. Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis if you need to go to a clinic or hospital.

If you need emergency medical attention any time during the isolation period, call 911 and let them know that you have been diagnosed with COVID-19.

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Contact health.communications@state.mn.us to request an alternate format.

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