

COVID-19

You've tested: **POSITIVE**

WHAT SHOULD YOU DO?

- ✓ **Self-isolation** is mandatory by order of the Georgia Department of Public Health dph.georgia.gov/isolation-contact. **You MUST stay home**, except to get medical care.
- ✓ **Notify contacts** of your illness + ask them to participate in contact tracing dph.georgia.gov/contact.
- ✓ **Monitor your symptoms** – if symptoms get worse, contact your healthcare provider dph.georgia.gov/contact.
- ✓ **While at home:**
 - **Separate yourself from others**, keep 6 feet between yourself + others, use a bathroom no one else uses, don't allow visitors in your home
 - **Wear a face covering** around others + if you go to a healthcare facility
 - **Wash your hands often** with soap + water for at least 20 seconds
 - **Avoid touching your mouth, eyes + nose** with unwashed hands
 - **Cover your cough or sneeze** with a tissue + throw it in the trash
 - **Avoid sharing** dishes, drinking glasses + cups, eating utensils, towels + bedding
 - **Frequently clean “high touch”** surfaces — doorknobs, counters + tabletops, tables, phones, TV remote
- ✓ **Remain under home isolation precautions until:**

72
HOURS

Fever-free **without**
using medicine

+



Symptoms
improved

+

10
DAYS

Since symptoms
first appeared

For more information about contact tracing:

dph.georgia.gov or call the Contact Tracing Hotline **1-888-357-0169**

COVID-19

You've tested: **NEGATIVE**

WHAT DOES THAT MEAN?

If you test negative for COVID-19, you probably were not infected at the time your sample was collected. However, that **does not mean** that you will not become infected or get sick. The test result only **means that you did not have COVID-19 at the time of testing.**

Take preventive measures to protect yourself + others from becoming infected with COVID-19:

- **Practice social distancing** — keep 6 feet between yourself + others
- **Wear a face covering** in community settings where social distancing may be difficult, such as in the grocery store, parks, riding public transportation, and **especially** in areas of widespread community transmission of COVID-19
- **Wash your hands often** with soap + water for at least 20 seconds, if soap + water are not available, use an alcohol-based (at least 60% alcohol) hand sanitizer
- **Cover your cough or sneeze** with a tissue + throw it in the trash
- **Frequently clean “high touch” surfaces** — doorknobs, counters + tabletops, tables, phones, TV remote
- **Monitor yourself** for symptoms of COVID-19



COUGHING



SHORTNESS OF BREATH



FEVER



SORE THROAT



NEW LOSS OF
TASTE OR SMELL



MUSCLE PAIN



CHILLS



RUNNY NOSE
+ CONGESTION



HEADACHE



NAUSEA, VOMITING
+ DIARRHEA

For updated CDC information about symptoms go to <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>