

# WHEN TO DISCONTINUE SELF-ISOLATION

If you are experiencing **mild symptoms** of COVID-19: **SELF-ISOLATE.**

fever,  
cough,  
shortness  
of breath

## COVID-19 SPREADS THROUGH CLOSE CONTACT

### ISOLATION

For people who are **sick**

- Stay in separate room from others in your home
- Use a separate bathroom if possible
- Family/roommates should practice self-quarantine
- Wear a mask if you go into shared spaces

### QUARANTINE

If you've been **exposed** but aren't sick

- Stay home + self-monitor for 14 days
- Family or roommates should practice social-distancing
- If you become symptomatic, family + roommates should also self-quarantine

## Discontinue self-isolation under the following conditions:

- At least 10 days have passed since your symptoms first appeared OR positive test result
- AND**
- You have been fever free for 72 hours (3 days) without fever reducing medications
- AND**
- All symptoms have improved (cough and shortness of breath have improved)

**If you develop emergency warning signs for COVID-19, get medical attention immediately.** These signs may include\*:

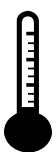
- Trouble breathing
- Pain or pressure in your chest
- Confusion or inability to arouse
- Bluish lips or face

*\* Consult a healthcare provider about any other symptoms that are concerning or severe.*

If your symptoms progress, contact a health care provider.

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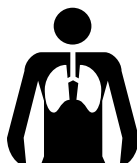
### KNOW THE SYMPTOMS



FEVER



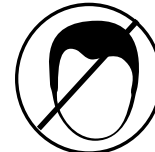
COUGH



SHORTNESS  
OF BREATH



WASH YOUR  
HANDS OFTEN



DON'T TOUCH  
YOUR FACE



AVOID THOSE  
THAT ARE SICK



Genesee County  
Health Department  
Your Health. Our Work.



@GeneseeCountyHealthDepartment

**For more information**

visit our website at  
[www.gchd.us/coronavirus](http://www.gchd.us/coronavirus)  
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