

What to do if you are diagnosed with COVID-19

Isolate at home:

- Don't leave home, except to get medical care. Call ahead before visiting a health care provider or emergency department and wear a cloth mask.
- Most people with mild illness can recover at home. While there is no specific treatment for COVID-19, you should get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
- As much as possible, stay in a specific room in your home and use a separate bathroom. Stay at least six feet or two meters away from others in your home at all times. Wear a cloth mask if you're in a room with other people, unless you have trouble breathing. Don't share household items.
- Have someone else care for your pets. A small number of pets have been reported to be sick with COVID-19. People with the virus should limit contact with animals until more information is known. If you need to care for your pet, wear a cloth mask and wash your hands before and after.
- Stay connected with others – use technology to communicate with friends and family.

Daily cleaning and washing:

- Clean and disinfect surfaces in your separate room and bathroom. Have someone else clean the other areas of your home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

When to get medical care immediately:

If you have **difficulty breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails**, seek medical care immediately. When you call for medical care, tell the provider or 911 that you have COVID-19 and are isolating at home.

People who you have been in close contact with you while you were infectious should quarantine at home -- even if they don't have symptoms:

- People that were in close contact with you during your infectious period, which starts two days before you developed any symptoms (or if you haven't had any symptoms, two days before the day you got tested) and continues until you have recovered, should quarantine at home. Share the "[What to do if you are a close contact of someone who is diagnosed with COVID-19](#)" guide with them. Close contacts of your close contacts do not need to follow the guidelines (unless they have symptoms).
- Close contact means being within six feet or two meters for 15 minutes or more.
- Close contact does not mean being more than six feet or two meters away in the same indoor environment for less than 15 minutes, walking by, or briefly being in the same room.

Close contacts of your close contacts do not need to follow the guidelines, unless they have symptoms.

It's safe to stop home isolation when you've recovered. Unless you get different instructions from your medical provider, recovery is **when all three things have happened**:

1. It's been 24 hours of **no fever without the use of fever-reducing medication**, and
2. Other symptoms **have improved**, and
3. At least 10 days have passed **since your symptoms first appeared**.

Or if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.

Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	<p>People with symptoms of COVID-19</p> <ul style="list-style-type: none"> • For people with COVID-19 who aren't sick enough to be hospitalized, or • For people who are waiting for test results 	<p>People with no symptoms of COVID-19</p> <ul style="list-style-type: none"> • Close contacts of people with COVID-19
For how long?	<p>Until recovery, which happens when all three have happened (unless you get different instructions from your medical provider):</p> <ol style="list-style-type: none"> 1. It's been 24 hours of no fever without the use of fever reducing medication, and 2. Other symptoms have improved, and 3. At least 10 days have passed since your symptoms first appeared. <p>Or if you didn't have symptoms when you were tested, recovery is when 10 days have passed since the date of your first positive test and you continued to have no symptoms.</p>	<p>For 14 days since the date of possible exposure. The day of the exposure is Day 0.</p> <p>You have the option of getting tested during your quarantine period if you have not had any symptoms. On or after day 7, you can get a test through your provider or a pop-up testing site. Remain in quarantine until you get your results. If the results are negative, and you still don't have any symptoms, you can discontinue quarantine.</p>
What does it mean?	<p>Staying home 24/7 in a separate room in the house, using a separate bathroom, avoiding contact with others. Wear a mask if you need to be in the same room with other people, unless you have trouble breathing.</p>	<p>Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.</p>

Modified from Vermont Department of Health. Rev. 08/11/2020. https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19_What-to-do-if-you-are-diagnosed-with-COVID-19_final.pdf