



COVID-19

You tested positive—now what?

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Stay home.

Home isolation and at-home care is what most people will need. Be sure to:

- Keep track of your symptoms.
- Get rest and stay hydrated.
- Ask your health care provider about pain and fever medication.
- Follow the Centers for Disease Control and Prevention’s guidance for at-home care: [CDC.gov/coronavirus/2019-ncov/if-you-are-sick/](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/).

The CDC has new options to reduce quarantine. Scan the code to learn more.



Your Symptoms

Are your symptoms getting worse or better?

Cough Shortness of Breath

Other symptoms can include fever, chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

If you think your symptoms are worse than a common cold or a mild flu, call your health care provider or 911 if it’s an emergency. Make sure you tell them you’ve tested positive for COVID-19.



Protect Your Household

If you share your home, don’t share COVID-19.

Stay away from other people and isolate in a room. Use a separate bathroom that only you can use, if possible. Everyone in the home should practice hand and face hygiene.

- Cover your coughs and sneezes with your inside elbow and a tissue—throw your tissue away.
- Wash your hands often with soap and water.
- Don’t touch your face.
- Wear a facemask when you are within 6 feet of others.
- Don’t share personal things and household items.
- Clean and disinfect all “high-touch” surfaces—door knobs, counters, refrigerator handles—every day.



Inform Your Close Contacts

If you’ve been in close contact with people in the time beginning two days before you got sick and self-isolation, tell them you have COVID-19.

To stop the spread of COVID-19 in your community, share these tips:

- Practice social distancing: if they must leave home, keep at least 6 feet between themselves and others.
- Keep track of possible COVID-19 symptoms: fever, cough and shortness of breath.
- Follow the CDC’s guidance for at-home care: [CDC.gov/coronavirus/2019-ncov/if-you-are-sick/](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/).
- Find more information: [FLHealthCOVID19.gov](https://www.flhealth.gov/COVID19) or [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).

