

## 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.
- 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 away from others in your home at all times. Don't share household items.
- Have someone else care for your pets. Although no animals have been reported to get sick with COVID-19, people with the virus should limit contact with animals until more information is known. If you do care for your pet, 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.

### Tell people who you have been in close contact with to quarantine at home -- even if they don't have symptoms:

- Contact your local health department or healthcare provider to ask about providing a list of close contacts.
- Advise your close contacts to 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 contact means being within six feet of a COVID-19 case for a prolonged period of time.
- Close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area with a COVID-19 case.
- Close contact does not mean being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room.
- Close contact includes having direct contact with infectious secretions of a COVID-19 case such as being coughed on.

**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. **This is when all three things have happened:**

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

### Difference between isolation and quarantine

	<b>Self-isolation</b>	<b>Self-quarantine</b>
<b>For whom?</b>	<p>People with symptoms of COVID-19</p> <ul style="list-style-type: none"> <li>• For people with COVID-19 who aren't sick enough to be hospitalized, or</li> <li>• For people who are waiting for test results</li> </ul>	<p>People with no symptoms of COVID-19</p> <ul style="list-style-type: none"> <li>• Close contacts of people with COVID-19</li> </ul>
<b>For how long?</b>	<p>Until recovery, which happens when all three have happened:</p> <ol style="list-style-type: none"> <li>1. It's been three full days of no fever without the use of fever reducing medication, and</li> <li>2. Other symptoms have improved, and</li> <li>3. At least seven days have passed since your symptoms first appeared.</li> </ol>	<p>For 14 days since the date of possible exposure. The day of the exposure is Day 0.</p>
<b>What does it mean?</b>	<p>Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.</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. 03/25/2020. [https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19\\_What-to-do-if-you-are-diagnosed-with-COVID-19\\_final.pdf](https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID-19_What-to-do-if-you-are-diagnosed-with-COVID-19_final.pdf)