

COVID-19 POSITIVE CASE

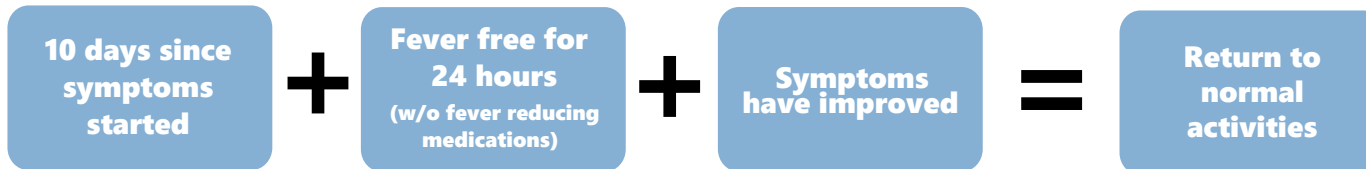


Public Health
Idaho North Central District



HOW DO I...

If you have SYMPTOMS, you can stop your home isolation when:



If you have NO SYMPTOMS, you can stop your home isolation when:



You do NOT need a negative test or a letter from Public Health to return to work or school.

Self-Isolate

- Stay home.
- Avoid contact with other people.
- Don't share household items.

Self-Monitor

- Be alert for symptoms of COVID-19, including a fever/chills, cough, shortness of breath/difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea/vomiting, diarrhea.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever (100.4°F/38°C).
- Call first before seeking medical treatment!

Practice Social Distancing

- Stay home as much as possible.
- Don't physically get close to people. Try to stay 6 feet away.
- Don't hug or shake hands.
- Avoid groups of people.
- Clean highly touched surfaces frequently.



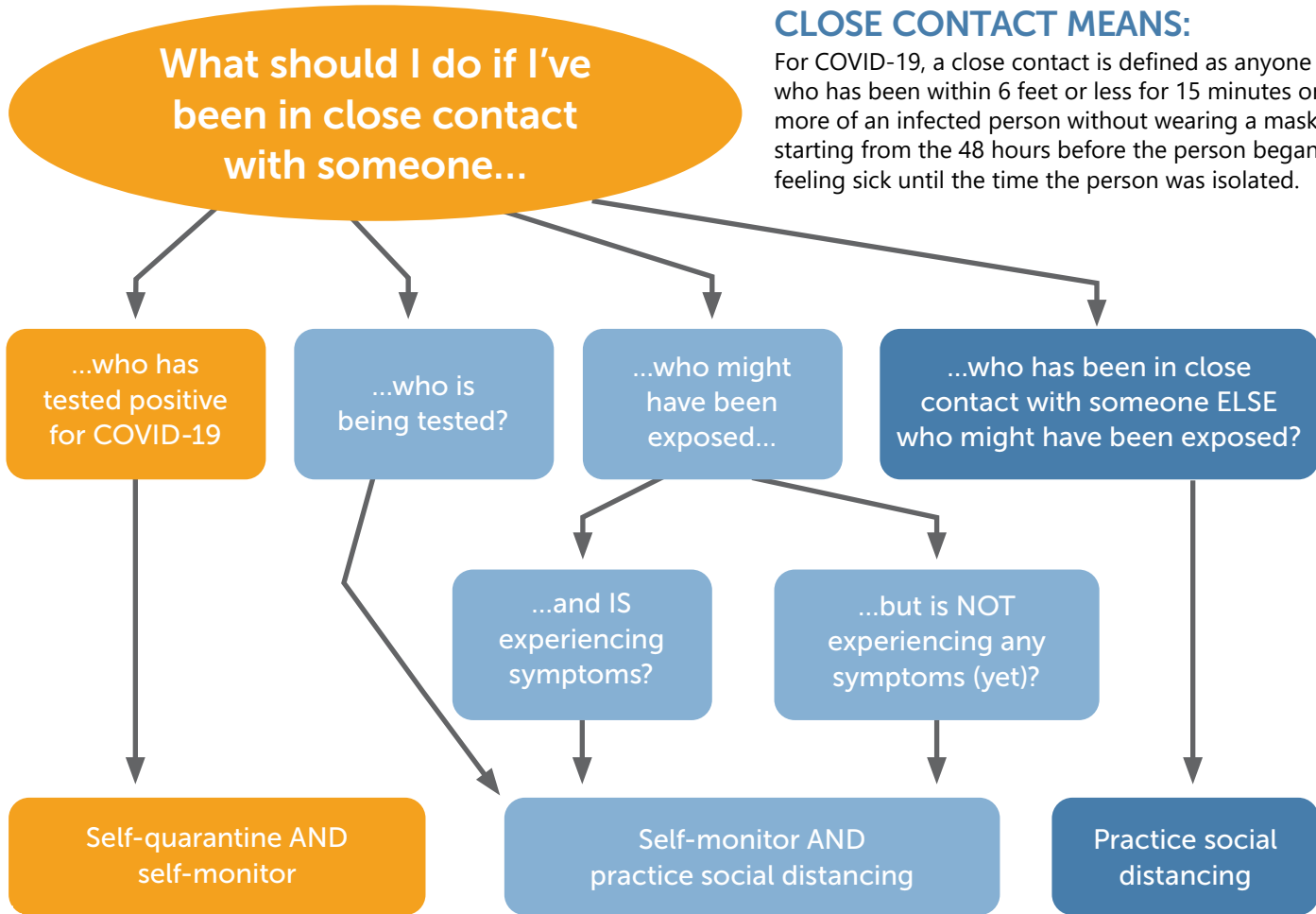
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idahopublichealth.com
208-799-3100

Developed from an infographic by the City of Sioux Falls.

COVID-19 CLOSE CONTACTS



CLOSE CONTACT MEANS:

For COVID-19, a close contact is defined as anyone who has been within 6 feet or less for 15 minutes or more of an infected person without wearing a mask, starting from the 48 hours before the person began feeling sick until the time the person was isolated.

Fully vaccinated persons should: test 5-7 days after exposure, self-monitor for 14 days from exposure and mask when in public.

WHAT IF I HAVE SYMPTOMS? Call your healthcare provider.

HOW DO I...

Self-Quarantine

- Stay home for 14 days. Even with a negative test.
- Avoid contact with other people.
- Don't share household items.

Self-Monitor

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