



COVID-19 POSITIVE OR HAVE SYMPTOMS?

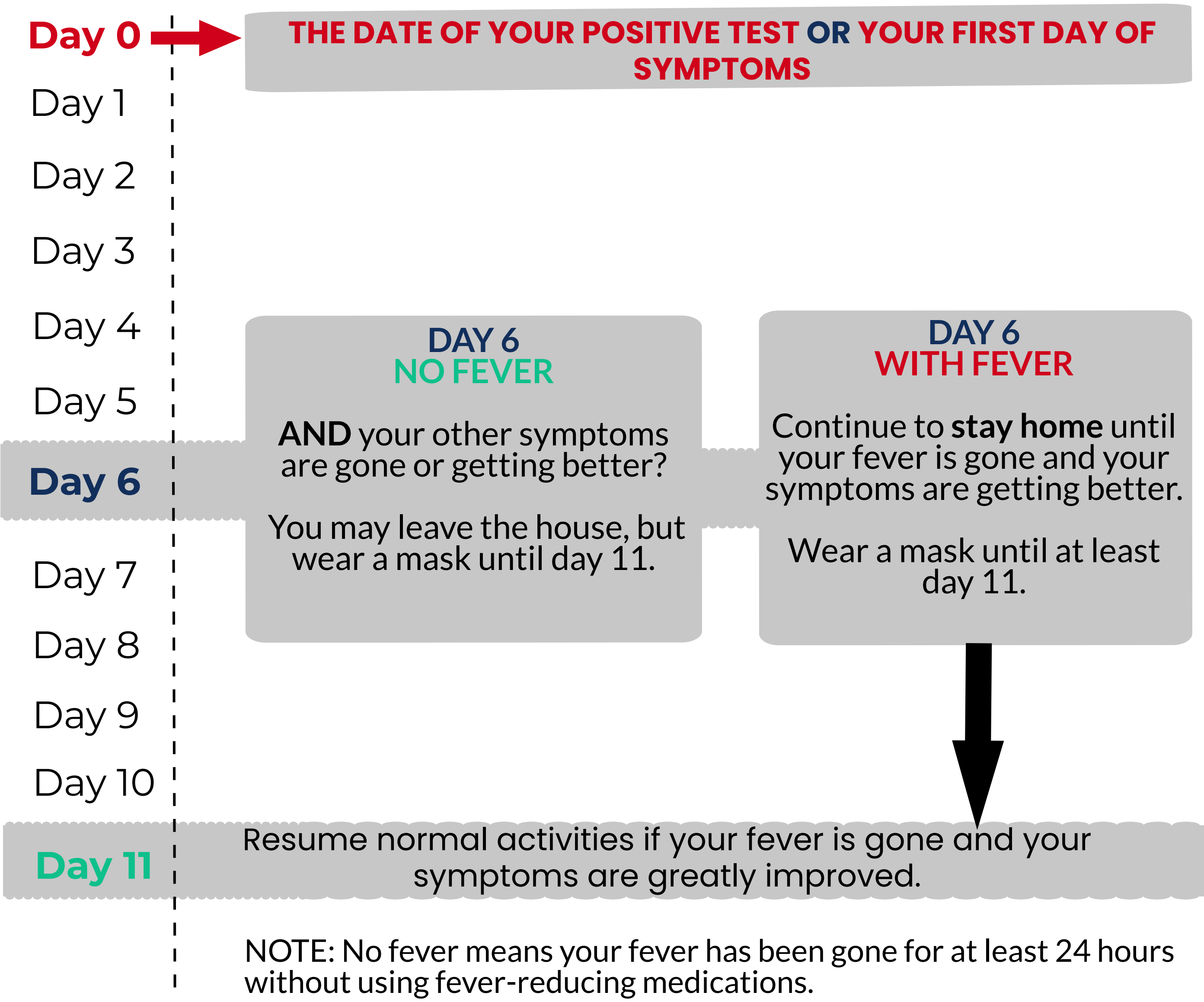
STAY HOME, MASK AND MONITOR

1/7/2022

STAY HOME FOR 5 DAYS

Start counting on the date of your positive test*, OR on the first day of symptoms.

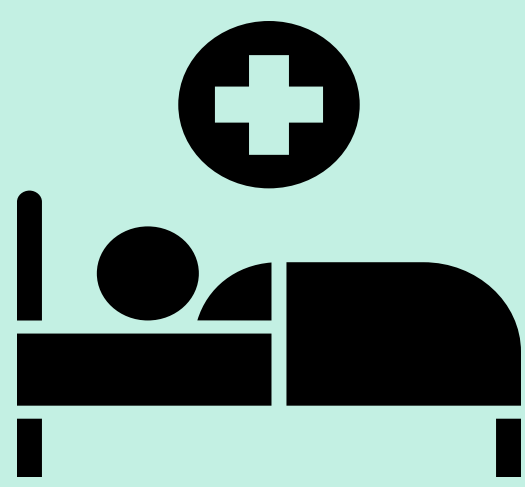
If you start out without symptoms, but get symptoms within the 10 day period, begin the 5-day count again. The first day of symptoms is your new Day 0.



These guidelines apply to the general community regardless of whether they received COVID-19 vaccination. People with moderate or severe illness, those with weakened immune systems, and people living in high-risk or group settings may need to isolate longer than 5 days.



OTHER THINGS TO DO



Give space to people you live with and **DO NOT** host visitors. Stay in a separate part of your home and use a different bathroom if you can.



As always, clean all "high touch" surfaces. Wipe down and sanitize shared spaces often. Wash hands often with soap and water for 20 seconds.



Wear a mask for 10 days over your mouth **AND** nose (even at home if you live with other people)!



Watch for symptoms of COVID-19 such as cough, shortness of breath, fatigue, lost of taste/smell, headache, body aches, sore throat, fever, chills, diarrhea.



Avoid travel, public transportation, and anywhere that you can't wear a mask (restaurants, bars, people's homes, etc.) from day 5-10.



Learn more about COVID-19 at nj.gov/health/cd/topics/ncov.shtml

*If you are asymptomatic (never develop symptoms), day 0 is the day you were tested (not the day you received your positive test result), and day 1 is the first full day following the day you were tested