



**If you have been diagnosed with COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others:**

### Isolate Yourself

- You should strictly isolate yourself at home for at least 10 days after you became ill, and you should be feeling well (and without fever) for at least 24 hours before resuming normal activities.
- Other members of your household should also stay home, and no visitors should be allowed.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household contacts can consider relocating to a separate, uninhabited housing location if available to decrease their risk of exposure.
- Where possible, ask others such as friends or family, to get food or necessities for you.
- If you must leave home, such as to seek medical care, wear a face covering if you have one.

### Inform Your Close Contacts

- Your close contacts will also need to quarantine according to TDH guidelines: [www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CloseContactGuidance.pdf](http://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CloseContactGuidance.pdf)
- Close contacts include anyone that you were within 6 feet of for >15 minutes while feeling ill. Close contact is defined as being within 6 feet for at least 15 minutes. However, this depends on the exposure level and setting. The final decision on what constitutes close contact is made at the discretion of public health.

### Monitor Your Health

- There is no specific treatment for COVID-19. Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.

### Communicate with Public Health

- After your diagnosis, you may receive a call from public health for additional investigation. It may take a few days for public health officials to contact you, and they will ask about your activities before and after you became ill.

### Arrange for Care

- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider that you have been diagnosed with COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

### Practice Healthy Habits

- Wear a cloth face covering in public settings where social distancing is difficult.
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for  $\geq 20$  seconds, or use alcohol-based hand rub.
- Clean and disinfect objects and surfaces regularly, including your phone.

### Returning to Regular Activities

- Once you've completed your isolation period at home (minimum of 10 days, with at least 24 hours of feeling well), you can return to your regular activities.
- You do not need to be retested in order to resume your regular activities. This recommendation is consistent with CDC's [Symptom Based Strategy](https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html).
- CDC does **not** recommend retesting within 3 months after the first day you became ill from the initial COVID-19 infection: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

### Learn More

- Tennessee Department of Health: [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov)
- Centers for Disease Control and Prevention: [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)