COVID-19

You've tested: **POSITIVE**

WHAT SHOULD YOU DO?

- **Self-isolation** is mandatory by order of the Georgia Department of Public Health dph.georgia.gov/isolation-contact. **You MUST stay home**, except to get medical care.
- **Notify contacts** of your illness + ask them to participate in contact tracing dph.georgia.gov/contact.
- **Monitor your symptoms** – if symptoms get worse, contact your healthcare provider dph.georgia.gov/contact.
- **While at home:**
  - **Separate yourself from others**, keep 6 feet between yourself + others, use a bathroom no one else uses, don't allow visitors in your home
  - **Wear a face covering** around others + if you go to a healthcare facility
  - **Wash your hands often** with soap + water for at least 20 seconds
  - **Avoid touching** your **mouth, eyes + nose** with unwashed hands
  - **Cover your cough or sneeze** with a tissue + throw it in the trash
  - **Avoid sharing** dishes, drinking glasses + cups, eating utensils, towels + bedding
  - **Frequently clean "high touch"** surfaces — doorknobs, counters + tabletops, tables, phones, TV remote
- **Remain under home isolation precautions until:**

24 HOURS + + **10 DAYS**

Fever-free ***without*** using medicine | Symptoms ***improved*** | Since symptoms ***first appeared***

For more information:

dph.georgia.gov or call **1-888-357-0169**

COVID-19

You've tested: **NEGATIVE**

WHAT DOES THAT MEAN?

If you test negative for COVID-19, you probably were not infected at the time your sample was collected. However, that does not mean that you will not become infected or get sick. The test result only **means that you did not have COVID-19 at the time of testing.**

Take preventive measures to protect yourself + others from becoming infected with COVID-19:

- **Practice social distancing** — keep 6 feet between yourself + others
- **Wear a face covering** in community settings where social distancing may be difficult, such as in the grocery store, parks, riding public transportation, and **especially** in areas of widespread community transmission of COVID-19
- **Wash your hands often** with soap + water for at least 20 seconds, if soap + water are not available, use an alcohol-based (at least 60% alcohol) hand sanitizer
- **Cover your cough or sneeze** with a tissue + throw it in the trash
- **Frequently clean "high touch"** surfaces — doorknobs, counters + tabletops, tables, phones, TV remote
- **Monitor yourself** for symptoms of COVID-19

COUGHING

SHORTNESS OF BREATH

FEVER

SORE THROAT

NEW LOSS OF TASTE OR SMELL

MUSCLE PAIN

CHILLS

RUNNY NOSE + CONGESTION

HEADACHE

NAUSEA, VOMITING + DIARRHEA

For updated CDC information about symptoms go to **https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html**

DPH GEORGIA DEPARTMENT OF PUBLIC HEALTH | Healthy **Georgia** Collaborative