

COVID-19 POSITIVE OR HAVE SYMPTOMS?

STAY HOME, MASK, AND MONITOR

These guidelines apply to individuals regardless of COVID-19 vaccination status. 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.

Day 0 → THE DATE OF YOUR POSITIVE TEST OR YOUR FIRST DAY OF SYMPTOMS

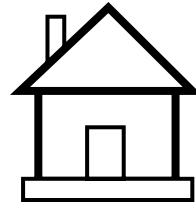
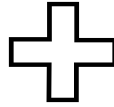
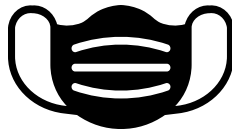
Day 1 → Your first full day of isolation and masking. Stay home for at least 5 days. If you start out with no symptoms, but get symptoms during isolation, the first day of symptoms is your new day 0.

Day 2

Day 3

Day 4

Day 5



Day 6

**DAY 6
NO FEVER***

**DAY 6
WITH FEVER**

Day 7

Day 8

Day 9

AND your other symptoms are gone or getting better?

You may leave the house but continue to wear a mask around others for 5 more days.

Continue to stay home until your fever is gone* and your symptoms are getting better.

Wear a mask until at least day 10.

Day 10 → Resume regular activities. See below for information on being eligible to unmask sooner than day 10.

* No fever means your fever has been gone for at least 24 hours without using fever-reducing medications.



OTHER THINGS TO NOTE



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



Clean all "high touch" surfaces. Wipe down and sanitize shared spaces often.



After completing 5 full days of isolation, you may remove your mask sooner than day 10 if you have **two** negative antigen tests, **48** hours apart.



Watch for emergency warning signs and seek medical care as needed.



Wash your hands with soap and water, for 20 seconds each time you wash them.



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.



Learn more about COVID-19 at www.state.nj.us/health/cd/topics/ncov/shtml/