After you talk with your healthcare provider, what should you do?

**Quarantine** if you were in close contact to someone with COVID-19.

*Stay home for 14 days after your last contact with someone who has COVID-19.*

Health Department staff will help you determine your quarantine period.

- Don’t go to work or school.
- Avoid public places.

Symptoms can appear 2-14 days after exposure.

Check your temperature twice a day and monitor for symptoms like:

- Fever.
- Chills.
- Cough.
- Shortness of breath.
- Difficulty breathing.
- Muscle pain.
- Headache.
- Loss of taste or smell.
- Sore throat.

**Isolate** if you are:

- Sick with COVID-19 symptoms.
- Test positive for COVID-19.

*Stay home until:*

- 24 hours after fever is gone without using medicine.
- 10 days after symptoms started or date tested if you don’t have symptoms.

Health Department staff will help you determine your isolation period.

- Don’t go to work or school.
- Avoid public places.

If you live with others, set up a room where you won’t be around people or pets. Use a separate bathroom if possible.

**Participate in a public health interview.**

Health Department staff will call to review instructions and answer questions.

**Call your healthcare provider immediately if your symptoms get worse.**

**Call 911 if you have a medical emergency.**

Tell the dispatcher you have or may have COVID-19. Wear a face covering before emergency medical services arrive or you go to the emergency department.

Learn more and stay updated at tpchd.org/coronavirus.