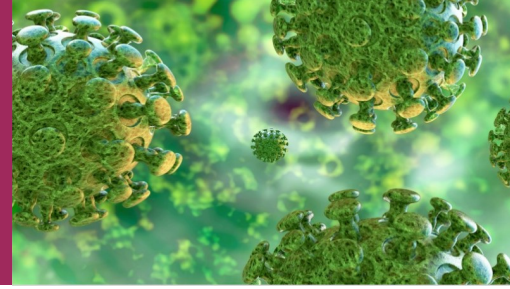# COVID-19

(Coronavirus Disease 2019)

COVID-19 is a respiratory illness that can spread from person to person through respiratory droplets and particles. Staying up to date on COVID-19 vaccines helps protect against severe illness, hospitalization, and death from COVID-19.

Signs and Symptoms* of COVID-19

- Cough (new or worsening of chronic cough)
- Sore throat
- Shortness of breath
- Fever or chills
- Runny nose
- Muscle ache
- Headache
- New loss of taste or smell

NOTE: Not everyone with COVID-19 has all of these symptoms and some people have no symptoms. You can still spread the virus to others even if you have mild or no symptoms.

*Some people may also experience fatigue or have gastrointestinal symptoms such as nausea, vomiting, diarrhea, or abdominal pain.

Protect Yourself and Others from COVID-19

- **Get vaccinated and stay up to date with your vaccines.** Everyone 6 months and older should get a safe and effective COVID-19 vaccine for the best protection against COVID-19.

- **Take a COVID-19 test if you have COVID-19 symptoms or before gathering with others, especially to help protect people who have risk factors for severe illness.**

- **Stay home for at least 24 hours** until **both** are true:

  - Your symptoms are getting better overall.

  - You have not had a fever (and are not using fever-reducing medication).

- **Seek treatment for COVID-19.** If you are sick with COVID-19, contact a doctor to learn more about medical care and treatment options that may be available to help improve your symptoms. More information can be found on the Department of Health Services (DHS) COVID-19: Treatments and Medications webpage.

  https://www.dhs.wisconsin.gov/covid-19/treatments.htm

What should I do if I was exposed to COVID-19?

► Take a COVID-19 test at least 5 days after exposure.

► Monitor for symptoms.

What should I do if I have symptoms of COVID-19?

► Take a test for COVID-19 immediately.

► Stay home for at least 24 hours until **both** are true:

  ► Your symptoms are getting better overall.

  ► You have not had a fever (and are not using fever-reducing medication).

What should I do if I have COVID-19?

► **If you have COVID-19, you should stay home for at least 24 hours** and isolate from other people and pets in your home. Day 0 is the first day your symptoms began or the day that your positive COVID-19 test was taken (if you don't have symptoms).

► **If you have symptoms,** you can end isolation after 24 hours if you are fever-free without the use of fever-reducing medicine and your other symptoms are improving.

► **If you do not have symptoms,** you can end isolation after 24 hours. If you develop symptoms after testing positive, your 24 hour isolation period should start over. Day 0 is your first day of symptoms.

► **Consider wearing a mask and practicing physical distancing** for 5 days after resuming normal activities.

Learn More About COVID-19

► **Vaccines:** www.dhs.wi.gov/covid-19/vaccine.htm

► **Testing:** www.dhs.wi.gov/covid-19/testing.htm

► **COVID-19 Data:** www.dhs.wi.gov/covid-19/data.htm

► **General COVID-19 Information:** www.dhs.wi.gov/covid-19/index.htm