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 and recommended booster doses 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

*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. Anyone ages 6 months and older can get a safe and effective COVID-19 vaccine. An additional dose of COVID-19 vaccine is recommended for people who are moderately to severely immunocompromised. Everyone should get the recommended booster dose when eligible after completing the Pfizer or Moderna primary series or 2 months after their J&J vaccine.

- Know your county’s COVID-19 Community Level Guidance. Knowing your county’s COVID-19 Community level can help you determine which COVID-19 prevention measures you should take. Information on your county’s COVID-19 Community Level guidance can be found on the CDC’s COVID-19 Community Level’s webpage.

- Get tested immediately if you have symptoms of COVID-19, or were exposed to someone with COVID-19.

- Stay home if you are feeling sick, have been diagnosed with COVID-19, or if you were exposed to someone with COVID-19.

- Seek treatment for COVID-19. If you are sick with COVID-19, contact your 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.

- Wear a well fitting mask in public indoor settings if your county has a “high” COVID-19 Community Level. You may also choose to wear a mask if you or someone you live with is at high risk for severe disease. Learn more about when it is best to wear mask on the DHS COVID-19: Wear a Mask webpage.
What should I do if I was exposed to COVID-19?

- Get tested at least 5 days after exposure and monitor for symptoms, even if you are up to date with your COVID-19 vaccines.

- If you are not up to date with your COVID-19 vaccines, quarantine immediately after being notified of your exposure for at least 5 days and wear a well fitting mask around others for an additional 5 days.

- If you are up to date with your COVID-19 vaccines (including boosters and additional primary doses) or if you have tested positive for COVID-19 within the last 90 days, you do not have to quarantine. However, in addition to monitoring for symptoms, wear a well fitting mask around others for 10 days after exposure. Those who have not tested positive for COVID-19 in the last 90 days should get tested 5+ days after exposure.

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

- Get tested for COVID-19 immediately.

- Isolate and separate yourself from other people in your home if you are diagnosed with COVID-19, even if you don’t have symptoms.

- If you have symptoms of COVID-19, stay home for at least 24 hours after you are fever free without the use of fever reducing medications, other symptoms have improved, and at least 5 days after the date you first had symptoms. Wear a well fitting mask around others for 5 days after your isolation period.

- If you do not have symptoms but tested positive for COVID-19, remain in isolation for at least 5 days after your test date. Wear a well fitting mask around others for 5 days after your isolation period. If you develop symptoms after testing positive, your 5 day isolation period should start over.

Learn More About COVID-19

- Vaccines: [www.dhs.wi.gov/covid-19/vaccine.htm](http://www.dhs.wi.gov/covid-19/vaccine.htm)
- Testing: [www.dhs.wi.gov/covid-19/testing.htm](http://www.dhs.wi.gov/covid-19/testing.htm)
- Next Steps After Close Contact: [www.dhs.wi.gov/covid-19/close-contacts.htm](http://www.dhs.wi.gov/covid-19/close-contacts.htm)
- Next Steps After You Are Diagnosed: [www.dhs.wi.gov/covid-19/diagnosed.htm](http://www.dhs.wi.gov/covid-19/diagnosed.htm)
- COVID-19 Data: [www.dhs.wi.gov/covid-19/data.htm](http://www.dhs.wi.gov/covid-19/data.htm)
- Information for Parents and Guardians: [www.dhs.wi.gov/covid-19/parents.htm](http://www.dhs.wi.gov/covid-19/parents.htm)
- Variants of the Virus that Causes COVID-19: [www.dhs.wi.gov/covid-19/variants-info.htm](http://www.dhs.wi.gov/covid-19/variants-info.htm)
- General COVID-19 Information: [www.dhs.wi.gov/covid-19/index.htm](http://www.dhs.wi.gov/covid-19/index.htm)