COVID-19
(Coronavirus Disease 2019)

COVID-19 is a respiratory illness that can spread from person-to-person through respiratory droplets and particles. The virus that causes COVID-19 is a new type of coronavirus. COVID-19 can cause severe illness in some people. COVID-19 vaccine and booster doses protect against severe illness, hospitalization and death from circulating variants that cause 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.

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.

Protect Yourself and Others from COVID-19

- **Get vaccinated and stay up to date with your vaccines.** Everyone 6 months and older should receive a primary series of the COVID-19 vaccine. Everyone 5 years and older is recommended to get at least one booster dose. A Pfizer booster dose is available for those 5 years and older, while a Moderna booster dose is available for those 18 years and older.


- **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 at [https://www.dhs.wisconsin.gov/covid-19/mask.htm](https://www.dhs.wisconsin.gov/covid-19/mask.htm).

- **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 a doctor to learn more about medical care and treatment options that may be available to help improve your symptoms. Learn more, [https://www.dhs.wisconsin.gov/covid-19/treatments.htm](https://www.dhs.wisconsin.gov/covid-19/treatments.htm).

- **Stay 6 or more feet away.** If you or someone you live with is at increased risk for severe disease, consider staying 6 or more feet away from others in public settings to reduce your chance of exposure to COVID-19.

- **Wash your hands frequently for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
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 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?

- **Stay home** for at least 5 days since the symptoms began, for at least 24 hours after you are free of fever without the use of fever-reducing medications, and other symptoms have improved.
- **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 5 days after the date you first had symptoms and an additional 24 hours once you are fever free without the use of fever-reducing medications, and other symptoms have improved. 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)