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.

**Protect Yourself and Others from COVID-19**

- **Get vaccinated and stay up to date with your vaccines.** Anyone ages 5 and up 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 ages 12 and older is recommended to get a booster dose when eligible after completing the Pfizer or Moderna primary series or 2 months after their J&J vaccine.


- **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 your health care provider 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 (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?

- Stay home for at least 24 hours after you are free of fever without the use of fever-reducing medications, other symptoms have improved, and at least 5 days have passed since symptoms began.
- 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)