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 vaccines 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
- Runny nose
- Muscle ache
- Headache
- New loss of taste or smell
- Chills

*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 5 months after their last dose of Pfizer or Moderna primary series or 2 months after their J&J vaccine.

- **Pack a mask when leaving your home.** There are some settings where everyone must wear a mask, even people up to date with current vaccine recommendations. Visit [www.dhs.wi.gov/covid-19/mask.htm](http://www.dhs.wi.gov/covid-19/mask.htm) for more information.
  - If you are not up to date with current COVID-19 vaccine recommendations, wear a well-fitting mask in all public indoor spaces.
  - If you are up to date with your COVID-19 vaccines, wear a well-fitting mask in public indoor spaces in communities with substantial to high COVID-19 transmission.

- **Stay at least 6 feet away from other people and avoid crowded indoor spaces when possible.**

- **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.

- **Get tested immediately if you have symptoms of COVID-19 or 5+ days after exposure to COVID-19.**

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

What should I do if I am diagnosed with COVID-19?

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 free of fever 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
- Testing: www.dhs.wi.gov/covid-19/testing.htm
- Next Steps After Close Contact: www.dhs.wi.gov/covid-19/close-contacts.htm
- Next Steps After You Are Diagnosed: www.dhs.wi.gov/covid-19/diagnosed.htm
- COVID-19 Data: www.dhs.wi.gov/covid-19/data.htm
- Information for Parents and Guardians: 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
- General COVID-19 Information: www.dhs.wi.gov/covid-19/index.htm