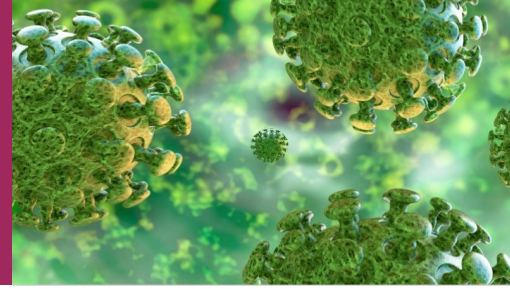


COVID-19

(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

*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 get a safe and effective COVID-19 vaccine for the best protection against COVID-19.
- ▶ **Take a COVID-19 test at least 5 days after you were exposed to someone with COVID-19. Take a test immediately if you have symptoms of COVID-19.**
- ▶ **Stay home and wear a well-fitting mask if you are feeling sick or have been diagnosed 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. More information can be found on the Department of Health Services (DHS) [COVID-19: Treatments and Medications](https://www.dhs.wisconsin.gov/covid-19/treatments.htm) webpage.

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

- ▶ **Wear a well-fitting mask in public indoor settings in areas with high COVID-19 hospital admission levels.** Wear a mask around others in your home and in public for 10 days after you've been exposed to someone with COVID-19. If you have COVID-19, you should wear a mask if you must be around others while in isolation and for an additional 5 days after you end isolation.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>





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.
- ▶ Wear a high-quality mask around others in your home and in public indoor spaces for 10 days, even if you are up to date with your COVID-19 vaccines.



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

- ▶ Take a test for COVID-19 immediately.
- ▶ Isolate and wear a well-fitting mask indoors if you must be around others while waiting for your test results.



What should I do if I have COVID-19?

- ▶ **If you have COVID-19, you should stay home for at least 5 full days** 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 5 days if you are fever-free for 24 hours without the use of fever-reducing medicine and your other symptoms are improving.
- ▶ **If you do not have symptoms**, you can end isolation after 5 full days. If you develop symptoms after testing positive, your 5-day isolation period should start over. Day 0 is your first day of symptoms.
- ▶ **While you isolate, wear a well fitting mask** if you must be around other people.
- ▶ **Wear a mask for an additional 5 days after you end isolation.** You may remove your mask early if you test negative with an antigen test two times at least 48 hours apart. The first test should not be before day 6.



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

