

# Instructions for Symptomatic Individuals

You are being directed to isolate at home because you are sick



## If you have symptoms of COVID-19, schedule a test

Testing sites are located throughout the county. For more information and to schedule a test scan this QR code or visit: <https://bit.ly/cchdtesting>



## Individuals awaiting test results should:

- Stay home and avoid contact with others
- Contact your healthcare provider if symptoms worsen
- Stay away from others, especially vulnerable individuals
  - Anyone with chronic health conditions
  - Elderly individuals



## What is Isolation?

Isolation is used to separate people sick with COVID-19, from people who are not infected.

In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).



## Returning to Normal Activities

### Negative Test Result

Refer to your school, employer, group, or team's specific illness policies

### ⊕ Positive Test Result OR Not Tested ⊗

Isolate for 10 days



24 hours without a fever  
(no use of fever-reducing medications)



Symptoms have improved

## If you test positive, identify and inform close contacts

- Less than 6 feet for 15 minutes or more
- **AND** 48 hours before symptoms began or specimen for test was collected



Additional resources and guidance can be found at [Chesco.org/coronavirus](https://Chesco.org/coronavirus)

If you have questions, please contact: 610-344-6225