

I Tested Positive for COVID-19 and Need to Isolate

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

Everyone, regardless of vaccination status:

- Stay home for 5 days.
- If you have no symptoms, or your symptoms are resolving after 5 days, you can leave your house. Continue to wear a mask around others for 5 additional days.
 - Resolving means that you are on the mend. Your symptoms are lessening, not getting worse, or staying the same. If you have a fever, stay home until you have been fever free without using any medication for 24 hours.
- If your symptoms are not resolving after 5 days, continue to stay home until symptoms are resolving. Wear a mask for a total of 10 days following your first date of symptoms.
- Those that are under 2 years of age, unable to safely mask, or decline to mask need to stay home for 10 days.

How to Isolate if You Have COVID-19:

- Stay home from all activities including work, school, daycare, public areas, and activities. Leave only for medical care.
- Stay in a separate room from other household members, if possible. If this is not possible, separate yourself from your household members as much as you can.
- Let your close contacts know that you have COVID-19.
- Monitor your symptoms.
- If symptoms get worse, call your doctor.
- Wear a [well-fitting mask](#) whenever you are around other people, including at home.
- Cover your coughs and sneezes.
- Wash your hands for at least 20 seconds often. Use hand sanitizer if soap and water are not available.
- Avoid sharing personal household items like dishes, towels and bedding.
- Clean all high-touch surfaces every day using [this information from CDC](#).
- Call 911 if you have any emergency symptoms like trouble breathing, persistent pain or pressure in your chest, new confusion, inability to wake up, or pale/gray/blue colored skin, lips or nail beds. Let dispatch know that you have COVID-19.



Public Health
Prevent. Promote. Protect.
Oconto County
Health & Human Services