

# COVID POSITIVE HOW TO ISOLATE

## NO VISITORS

## STAY HOME

Until at least 10 days after your symptoms first appeared...

AND you have been fever-free for 1 full day (without fever-reducing medicine)...

AND all your other symptoms are better.

## NO SHARING

Do *not* share towels, silverware, cups, bowls, or plates with anyone else in your home.

## WASH YOUR HANDS OFTEN

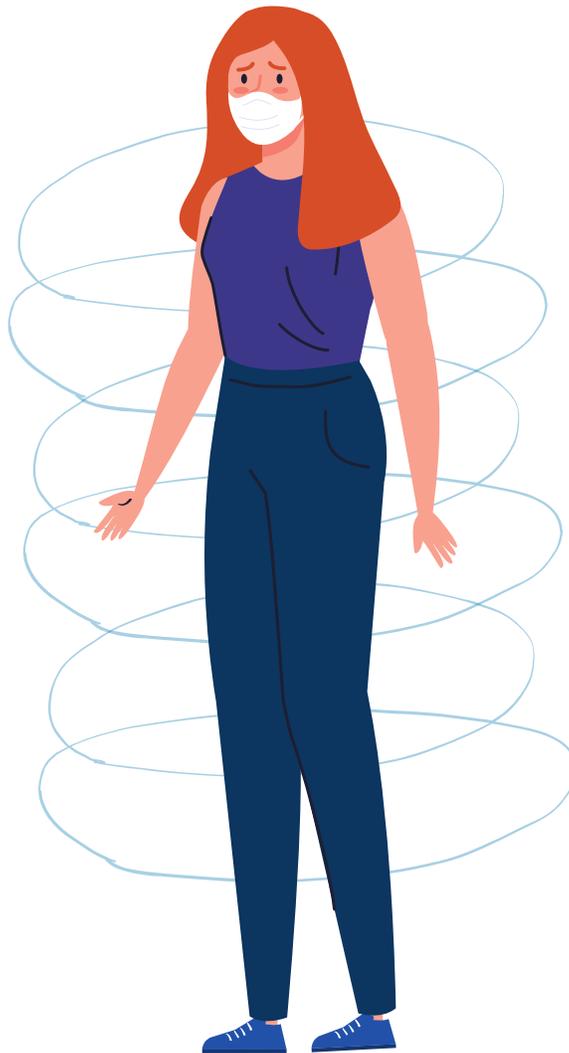
With soap and water, for 20 seconds each time you wash them.

## WEAR A MASK

Over your mouth and nose.

Even at home if you live with other people.

If you tested positive or have symptoms of COVID-19, you must isolate.



## CLEAN ALL "HIGH TOUCH" SURFACES EVERYDAY

Clean things you and your family touch a lot: like counters, tabletops, doorknobs, sink faucet handles, toilets handles, phones, keyboards, tablets, and bedside tables.

## COVER YOUR COUGHS & SNEEZES.

Cover your mouth and nose with a tissue when you cough or sneeze.

Throw used tissues in a lined trash can; immediately wash your hands.

## GIVE SPACE TO PEOPLE YOU LIVE WITH

Stay in a separate part of your home as much as possible.

Use a different bathroom if you can.

[www.nalhd.org](http://www.nalhd.org)

**NALHD**  
Nebraska Association of  
Local Health Directors