Next Steps:
## after you are diagnosed with COVID-19

- You can be diagnosed with COVID-19 in the following ways:

    1. A doctor tells you that you have it based on your symptoms and exposures. **OR**

    2. You have a positive lab test that detected the virus in your nose. (**NOTE:** A positive antibody blood test means you likely had COVID-19 in the past.)

- After being diagnosed with COVID-19, even if you don't have symptoms, you will need to separate yourself from other people in your home, also called "isolation," and self-monitor until you are no longer able to spread COVID-19 to others.

How do I isolate at home?

- **Stay home (or at some other location approved by public health).** Do not go to work, school, or public areas.

- **Separate yourself from people and animals in your home.** As much as possible, you should stay in a specific room and away from other people in your home. If possible, you should use a separate bathroom.

- **Do not share personal household items** like dishes, drinking glasses, eating utensils, towels, or bedding. After using these items, wash them thoroughly with soap and water.

- **Postpone all non-essential medical appointments until you are out of isolation.**

- **Keep a list of people you had contact with when you were sick.** This can be helpful for identifying people who may have gotten COVID-19 while spending time with you. This process is called "contact tracing."

- **Wash your hands often and practice good hygiene.** Clean high touch surfaces every day.

- **Wear a face mask or covering if you need to be around other people.**

- **Cover your mouth and nose with a tissue when you cough and sneeze.** Throw the tissue in the trash and then wash your hands.

When is my home isolation over?
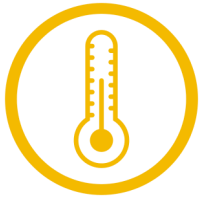
You have been fever-free for at least 24 hours without using medicine that reduces fevers

AND

Your other **symptoms have improved** for at least 24 hours

AND

At least 10 days have passed since you first had symptoms

What if I never have symptoms?

You should stay isolated for at least 10 days after you were tested.

How do I self-monitor?

- **If you feel sick, watch to see if your symptoms get worse**. Get medical care if your symptoms get worse or if you have emergency warning signs. If you are having a medical emergency, call 911. Notify 911 that you have COVID-19.

- **If you were diagnosed, but never felt sick, watch for any symptoms of COVID-19 during your isolation period.** Report any new symptoms to your local health department, as this may affect your instructions for home isolation.

How long am I contagious to others?

- You can spread COVID-19 to others beginning **two days before your symptoms start until a few days after you recover**.

- Even if you never develop any symptoms, you may be able to spread COVID-19 to others.

Did you have close contact with someone while you had COVID-19?

That person should stay home and watch for symptoms for 14 days after they last had close contact with you.

Wisconsin Department of Health Services | Division of Public Health | Bureau of Communicable Diseases
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14-day Fever and Symptom Tracker - COVID-19

Name				Age (years)	Sex
					☐ Male ☐ Female

Street Address	City	State	Your Telephone Number

Local Health Department	Telephone Number – Daytime	Telephone Number – After hours

Put the **current date** in the space provided for the next 14 days. Take your temperature twice a day; **once in the morning (a.m.) and once in the evening (p.m.)**, circle **Yes** or **No** if you have fever or are feverish, then write your temperature in the space.

Circle **Yes** or **No** - If you have a cough, sore throat, or shortness of breath for each day.
Do not leave any spaces blank. If you have a fever or any symptom, call your doctor.

Date (month/day) (Days 1-14)	Feverish?	Temperature Morning (a.m.)	Temperature Evening (p.m.)	Cough	Sore Throat	Shortness of Breath	Other Symptoms
1	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
2	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
3	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
4	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
5	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
6	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
7	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
8	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
9	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
10	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
11	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
12	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
13	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	
14	Yes / No	°C / °F	°C / °F	Yes / No	Yes / No	Yes / No	