



Updated: April 9, 2020

**If you have tested positive for COVID-19**, including early or mild symptoms, you should be in isolation and stay away from others until:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) AND
- Other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
- At least 7 days have passed since your specimen was collected

**If you develop symptoms of COVID-19 and are not tested or tested negative**, including early or mild symptoms, you should be in isolation and stay away from others until:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) AND
- Other symptoms have improved (for example, when your cough or shortness of breath have improved)

**If you develop emergency warning signs for COVID-19**, get medical attention immediately.

**Emergency warning signs include\*:**

- Difficulty getting enough air
- Chest pain
- Change in alertness or responsiveness
- Bluish lips or face
- Rapid breathing

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

For more information, visit the ADHS [Frequently Asked Questions \(FAQs\)](#) page.

**Additional Resources – click to access:**

- [Stop the Spread of Germs](#) - ADHS
- [What is COVID-19?](#) - ADHS
- [Know the Symptoms of COVID-19](#) - ADHS
- [Running Essential Errands](#) - CDC
- [What to do if you are sick](#) - CDC
- [Coronavirus Disease 2019 \(COVID-19\) and You](#) - CDC
- [Steps to help prevent the spread of COVID-19 if you are sick](#) - CDC
- [COVID-19 Resources for Households](#) – CDC
- [Who Should be Tested for COVID-19?](#)
- [10 Ways to Manage Respiratory Symptoms at Home](#)
- [Specimen Collection Site Hours](#)
- [COVID-19 Information Line Hours](#)
- [Help Slow the Spread of COVID-19: How to make and wear your own cloth face coverings](#)