

# What you need to know about COVID-19 to protect yourselves and others

You have tested positive for COVID-19. The virus that causes COVID-19 is thought to spread mainly when an infected person coughs, sneezes or talks. Respiratory droplets from people with the virus can land in the mouths or noses of people who are nearby or can possibly be inhaled. Symptoms usually appear 2-14 days after exposure. Spread is more likely when people are in close contact with each other (within about 6 feet).

## Symptoms include:

Congestion and runny nose, fever of at least 100.4, cough, shortness of breath or difficulty breathing, diarrhea, headache, nausea or vomiting, sore throat, muscle pain, fatigue, chills, and new loss of taste or smell. If you have mild symptoms and can breathe without difficulty, you likely have a mild form of the virus. Treatment for COVID-19 is the same as it is for other viruses: rest, plenty of fluids and treatment of your symptoms.

If you have moderate to severe symptoms, you may need care in a hospital while you recover. Your healthcare provider will help determine the level of care you need.

## Separate yourself from other people

It is important to isolate yourself while you recover to reduce the risk of transmission to others who are not infected. Staying home and at least 6 feet from others at all times helps keep your family and your community safe.

As much as possible, stay in a specific room and away from other people and pets in your home. You should use a separate bathroom, if available. Wear a cloth face covering if you need to be around other people or animals in or outside of the home.

## I have COVID-19, and I had symptoms

You can be with others after:

- At least 10 days since symptoms first appeared **AND**
- At least 24 hours with no fever without fever-reducing medication **AND**
- Symptoms have improved

## I have COVID-19, but had no symptoms

If you continue to have no symptoms, you can be with others after:

- 10 days have passed since your test

If you develop symptoms after testing positive, follow the guidance above for "I have COVID-19, and I had symptoms."

## Answer the Call

If you are diagnosed with COVID-19, the health department might call you to check in on your health, discuss who you've been in contact with, and ask you to stay at home to self-isolate.

You'll receive text messages from this number at the Indiana Department of Health: **877-548-3444**. You'll also receive a phone call from the Indiana Department of Health. The caller ID will show **833-670-0067** from "IN Health COVID." You may also call this number between 8 a.m. and 8 p.m. seven days a week to reach a contact tracer.

If you haven't responded yet, it's not too late!

Unless you give permission, your name will not be revealed to anyone you came in contact with, even if they ask.

If you need support while self-isolating, your local health department or community organizations may be able to help.

**\* If you have trouble breathing, chest pain, new confusion, inability to wake or stay awake or bluish lips or face → CALL 911!**