

IF YOU TEST POSITIVE, ISOLATE

- Stay home - do not go to work, school, or public areas.
- Separate yourself from people and animals in your home - stay in a specific room and away from others in your home and use a separate bathroom if possible.
- Wear a face covering if you need to be around other people.
- Postpone all non-essential medical appointments until you are out of isolation.
- Self-monitor and get medical attention if symptoms get worse.
- Wash your hands often and practice good hygiene.
- Do not share personal household items (dishes, drinking glasses, eating utensils, towels, or bedding) and wash these items thoroughly after use.
- Cover your mouth and nose with a tissue when you cough and sneeze.

While you are waiting to be contacted by local public health, think of who you've been in close contact with during your infectious period. You should notify contacts, places of employment, and/or businesses you may have affected during your infectious period.

Close contact: People who had direct physical contact (hug, kiss, handshake), were within 6 ft. for a total of 15 mins. or more in a single day, and household members, including guests that stayed overnight for at least one night during your infectious period.

Infectious period: The period of time you can spread COVID-19 to others - beginning two days before your symptoms start until a few days after you recover. If you never develop symptoms, your infectious period is two days before your test date.

When is isolation over?



AND



AND

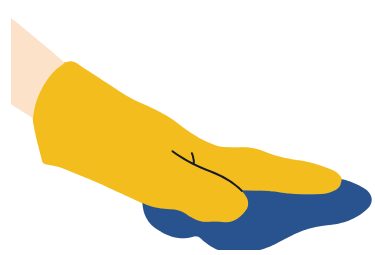


You have been fever-free for at least 24 hours without using medicine that reduces fevers

Your other symptoms have improved for at least 24 hours

At least 10 days have passed since you first had symptoms

No symptoms? You should stay isolated for at least 10 days after you were tested.



Clean and disinfect:

Clean and disinfect high-touch surfaces everyday with bleach solution, consisting of 5 tbsp. of bleach per gallon of water. Wipe solution onto surfaces and allow to air-dry. Wear disposable gloves and clean your hands immediately after.



PORTAGE COUNTY
HEALTH AND HUMAN SERVICES
Division of Public Health



WISCONSIN DEPARTMENT
of HEALTH SERVICES

If you have questions, call: 715-345-5948