



# COVID-19

## You tested positive—now what?

Florida Department of Health • FloridaHealth.gov

### Stay home.

Home isolation and at-home care is what most people will need. Be sure to:

- Keep track of your symptoms.
- Get rest and stay hydrated.
- Ask your health care provider about pain and fever medication.
- Follow the Centers for Disease Control and Prevention’s guidance for at-home care: [CDC.gov/coronavirus/2019-ncov/if-you-are-sick/](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/).



### Your Symptoms

#### Are your symptoms getting worse or better?

**Fever Cough Shortness of Breath**

If you think your symptoms are worse than a common cold or a mild flu, call your health care provider or emergency room—based on what you report, you may be asked to leave your home for medical care.



### Your Household

#### If you share your home, don't share COVID-19.

Stay away from other people and isolate in a room. If you have access to a bathroom only you can use, that would be ideal for the household. Everyone in the home should practice hand and face hygiene.

- Cover your coughs and sneezes with your inside elbow and a tissue—throw your tissue away.
- Wash your hands often with soap and water.
- Don't touch your face.
- Wear a facemask when taking care of someone who is sick.
- Don't share personal things and household items.
- Clean all “high-touch” surfaces—door knobs, counters, refrigerator handles—every day.



### People Outside of Your Household

#### If you've been in close contact with people outside of your home in the last 2 weeks, tell them you have COVID-19.

To stop the spread of COVID-19 in your community, share these tips:

- Stay home for 14 days starting with the day they last saw you.
- Practice social distancing: if they must leave home, keep at least 6 feet between themselves and others.
- Keep track of possible COVID-19 symptoms: fever, cough and shortness of breath.
- Follow the CDC's guidance for at-home care: [CDC.gov/coronavirus/2019-ncov/if-you-are-sick/](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/).
- Find more information: [FLHealthCOVID19.gov](https://www.flhealth.gov/covid19) or [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).

