



If you have been diagnosed with COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others:

### Communicate with Public Health

- After your diagnosis, you will receive a call from public health. It may take 1-3 business days for public health officials to contact you, and they will ask about your activities before and after you became ill.

### Isolate Yourself

- You should strictly isolate yourself at home for at least 7 days after you became ill, and you should be feeling well (and without fever) for at least 3 days in a row before resuming normal activities.
- Other members of your household should also stay home, and no visitors should be allowed.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household contacts can consider relocating to a separate, uninhabited housing location if available to decrease their risk of exposure.
- Where possible, ask others such as friends or family, to get food or necessities for you.
- If you must leave home, such as to seek medical care, wear a surgical mask if you have one.

### Inform Your Close Contacts

- Your close contacts will also need to stay home for 14 days after their last contact with you.
- Close contacts include anyone that you were within 6 feet of for >10 minutes while feeling ill.
- Please share this resource with your contacts for additional information:  
<https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CloseContactGuidance.pdf>

### Monitor Your Health

- There is no specific treatment for COVID-19.
- Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.

### Arrange for Care

- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider that you have been diagnosed with COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

### Practice Healthy Habits

- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for  $\geq 20$  seconds, or use alcohol-based hand rub.
- Clean and disinfect objects and surfaces regularly, including your phone.

### Learn More

- Online: [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov) or [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)