



**If you have been diagnosed with COVID-19, follow the steps below:**

### Isolate Yourself

- Refer to: <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation-QuarantineRelease.pdf>
- CDC recommendations provide that cases should isolate for a minimum of 5 days after onset and may be released after they are without fever for 24 hours (without fever-reducing medication) and show improvement in symptoms.
- Cases without symptoms should isolate through 5 days after their specimen collection date.
- Regardless of symptoms, CDC recommends wearing a well-fitting mask when around others for 10 days following symptom onset or test collection (whichever was first).
- Though not legally binding, CDC recommends:
  - 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 need to leave home, such as to seek medical care, wear a mask.

### Inform Your Close Contacts

- Your close contacts including members of your household should refer to: <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation-QuarantineRelease.pdf>
- For information on what to expect if you were possibly exposed to COVID refer to: <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/CloseContactGuidance.pdf>

### Monitor Your Health

- Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.
- 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

- Though not legally binding, CDC recommends:
  - Wear a mask in public settings when around others for 10 days following symptom onset or test collection (whichever was first).
  - 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.

### Returning to Regular Activities

- Once you've completed your isolation period at home, you can return to your regular activities.
- Both the CDC and TDH discourage employers and schools from requiring a medical note for clearance to return to work or school after an individual has COVID-19. TDH does not provide isolation or quarantine "clearance" letters to individuals. Those who test positive for COVID-19 may provide their employers with documentation of their positive test result (such as a photo, print out of lab results, or note from a provider that administered the test) to indicate their need for exclusion from in-person activities during their period of isolation. Employers and schools are encouraged to provide access to sick leave, telework, and other accommodations without individual documentation from a doctor or nurse regarding an individual's need to stay home.

### Learn More

- Tennessee Department of Health: [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov)
- Centers for Disease Control and Prevention: [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)
- Questions? Call (615) 770-6940